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Mindful Occupation: Rising Up Without Burning Out (Paperback)

By -

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Involvement in activism can make people especially prone to highs and lows. Sometimes we feel incredible, knowing we are part of shaping history in the streets with our friends, and other times we may find ourselves desperate and burnt out, feeling the entire world suffering under our solitary skin. Mindful Occupation aims to address the need for attention to mental health, healing, and emotional first aid within Occupy and other movement groups. Occupy has been an evolving movement, affected by the forces of passion, time, police, government, corporations, tactics, weather, creativity, and the growing pains that all activist movements experience. Some suggestions in this booklet are about making sustainable encampments, many of which have been temporarily destroyed by the police and government. Other suggestions are applicable for any and all activist groups working on making social change. Still other suggestions are general helpful ideas for taking care of ourselves and others as we live our lives. The booklet begins with a chapter that asks, What is Radical Mental Health? followed by chapters that explicitly connect the pharmaceutical industry and psychiatric establishment...


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