WAYS TO PROVIDE CARE AFTER A PROTEST OR ACTION

#WeKeepUsSafe

An action is NOT over until everyone is home safe and healthy. In order to ensure everyone’s holistic safety and security here are some suggested guidelines.

**HOLISTIC CHECK-IN**
Check in with yourself and your team – mentally, physically, emotionally.

**TEAM DEBRIEF**
What went well, what can you improve on and what were the challenges?

**SUPPORT WHEN DECOMPRESSING**
If you don’t have a team ask a friend to hold space for you as you share your experience with them.

**PERSONAL GROUNDING TOOLKIT**
Incorporate practices to get you back to a state of regulation where you are calm, cool, collected and connected.

**HEALTHY ACTIVIST, HEALTHY MOVEMENT**
Drink water, eat nourishing food, do what you need to feel comforted and cared for.

This is part of our Protest Safety Series to help you stay safe out on the frontlines! More at: acrossfrontlines.org/protestsafety.