

Collective resilience in groups



Workshop @ Tipping Points Vienna

24.02.2023

sustainable/regenerative activism



The perfect activist

Can also
Chill out without
thinking of political stuff

Compassionate

Joyful

reflective on
own position

questioning our
internalised ideas /
paradigms

Not perfect
→ learning from mistakes
& correct them
honest

persistent

does not
exist!
works to make
work unnecessary

full of energy!

Caring 4 others
+
4 themselves

(non-)violent, no
unnecessary
violence
listening to
themselves

no harm to
animals
human

hopeful

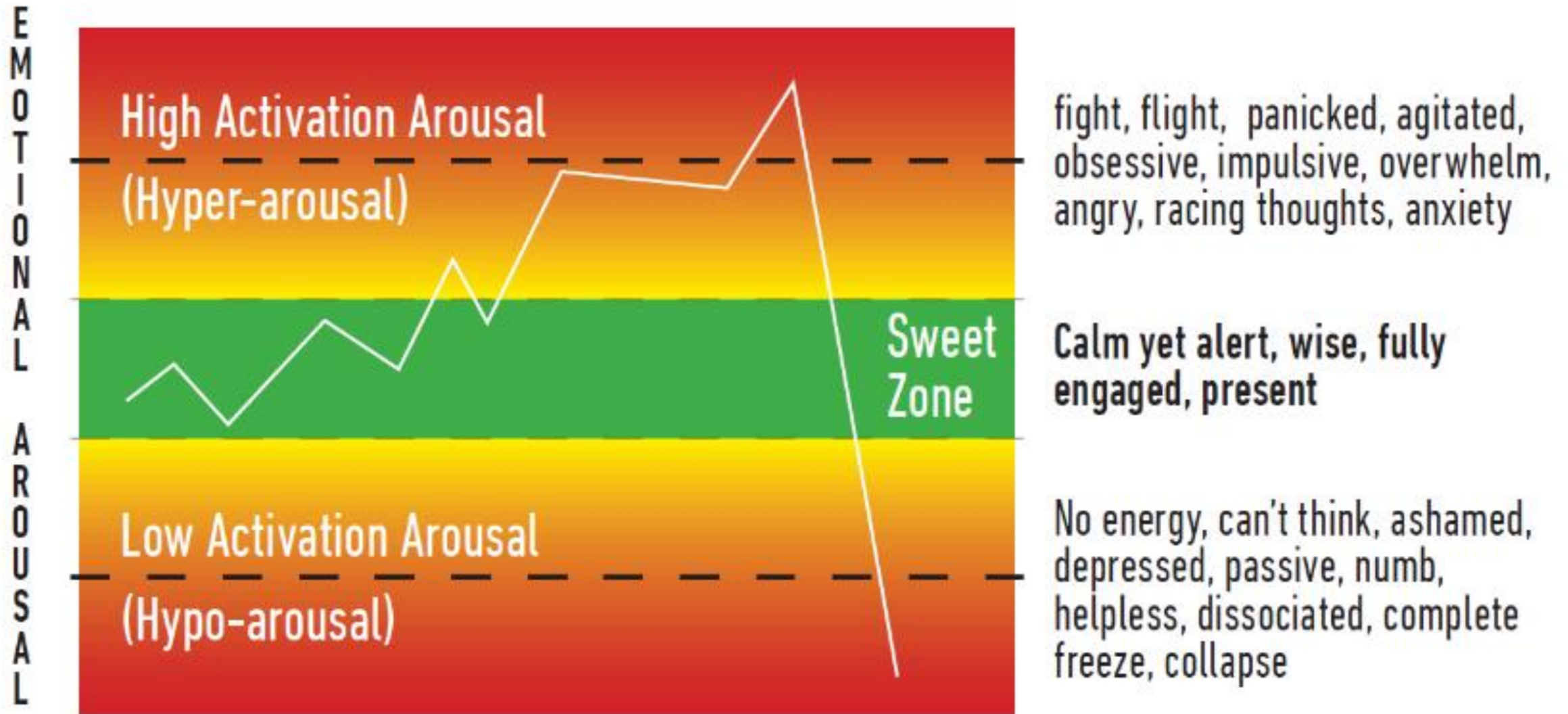
unnecessary

communicative

respecting own
boundaries
convincing



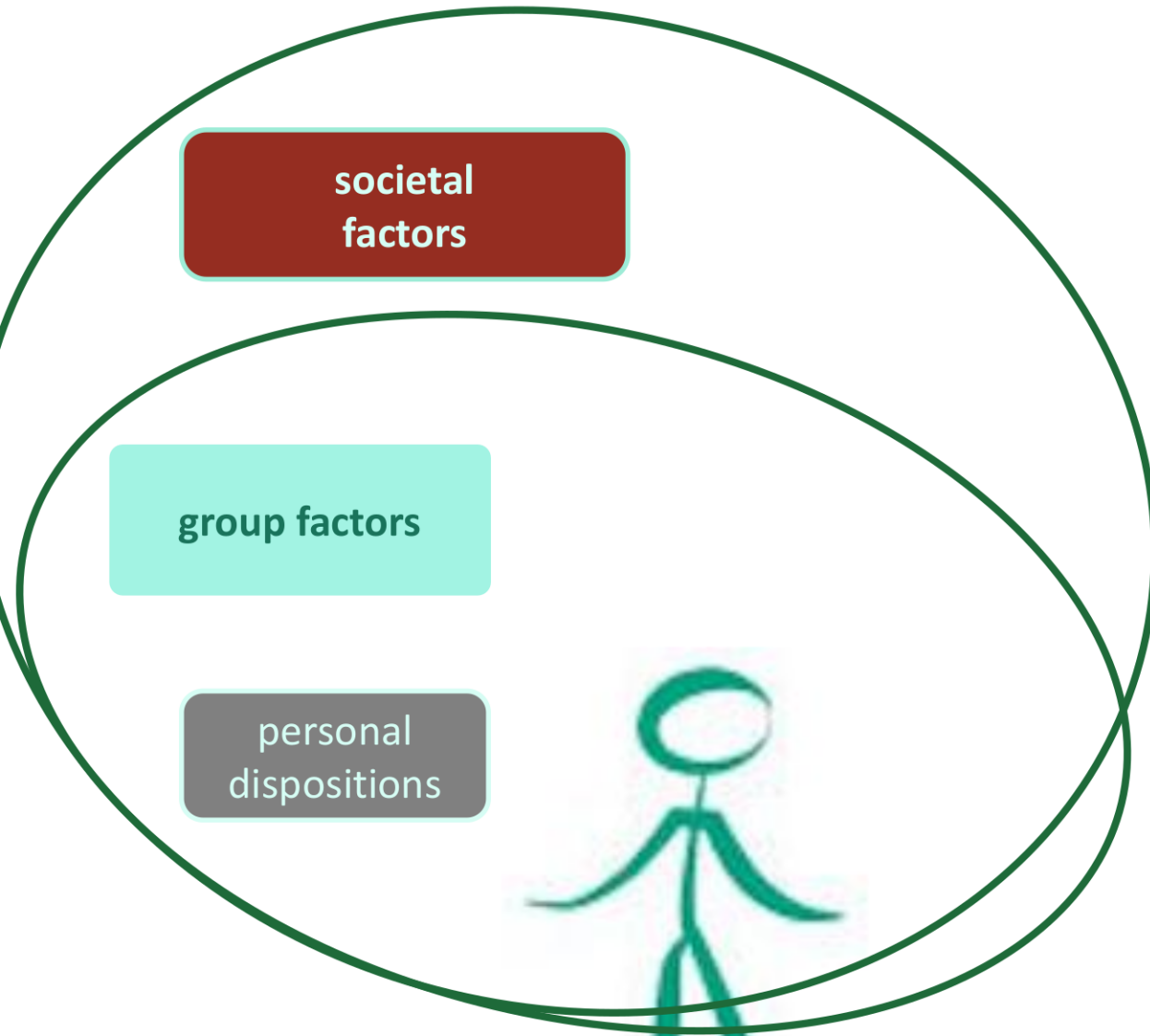
window of resilience



vicious stress cycle(s)



Burnout – risk factors



Group factors

- time pressure
- toxic norms
- unaddressed conflict
- discrimination and power dynamics
- lack of safety
- work load
- responsibility pressure
- unfitting structures
- lack of goal and vision
- missing feedback
- lack of support

societal Factors

**All the oppressive
systems we are trying
to change!**

- scarcity
- acceleration
- isolation
- repression
- attention economy

... you name it.

Breaking the cycles with collective practices...



“**Transformative practices** are exercises designed to create, through **repetition, intentional** shifts in awareness, patterns of thinking, and habits of action“

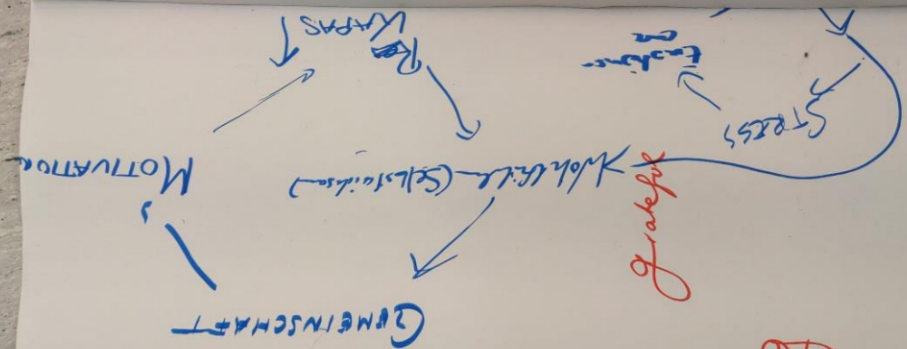
– Social Transformation Project (<http://stproject.org/>)

Group work on practices

Which collective practices can you imagine doing in your groups and how can they initiate a „positive cycle of resilience“?

→ exchange on practice you have experienced and about new practices (creativity is allowed)

→ paint some form of cycle/loop of resilience that builds on some of the practices that you agree can be powerful



grateful

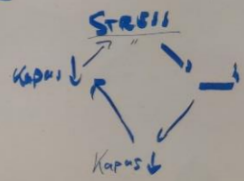
EMOTIONEN
VERKÖRPERN

ANKOMMEN
11:25
check-in
permanently
fix

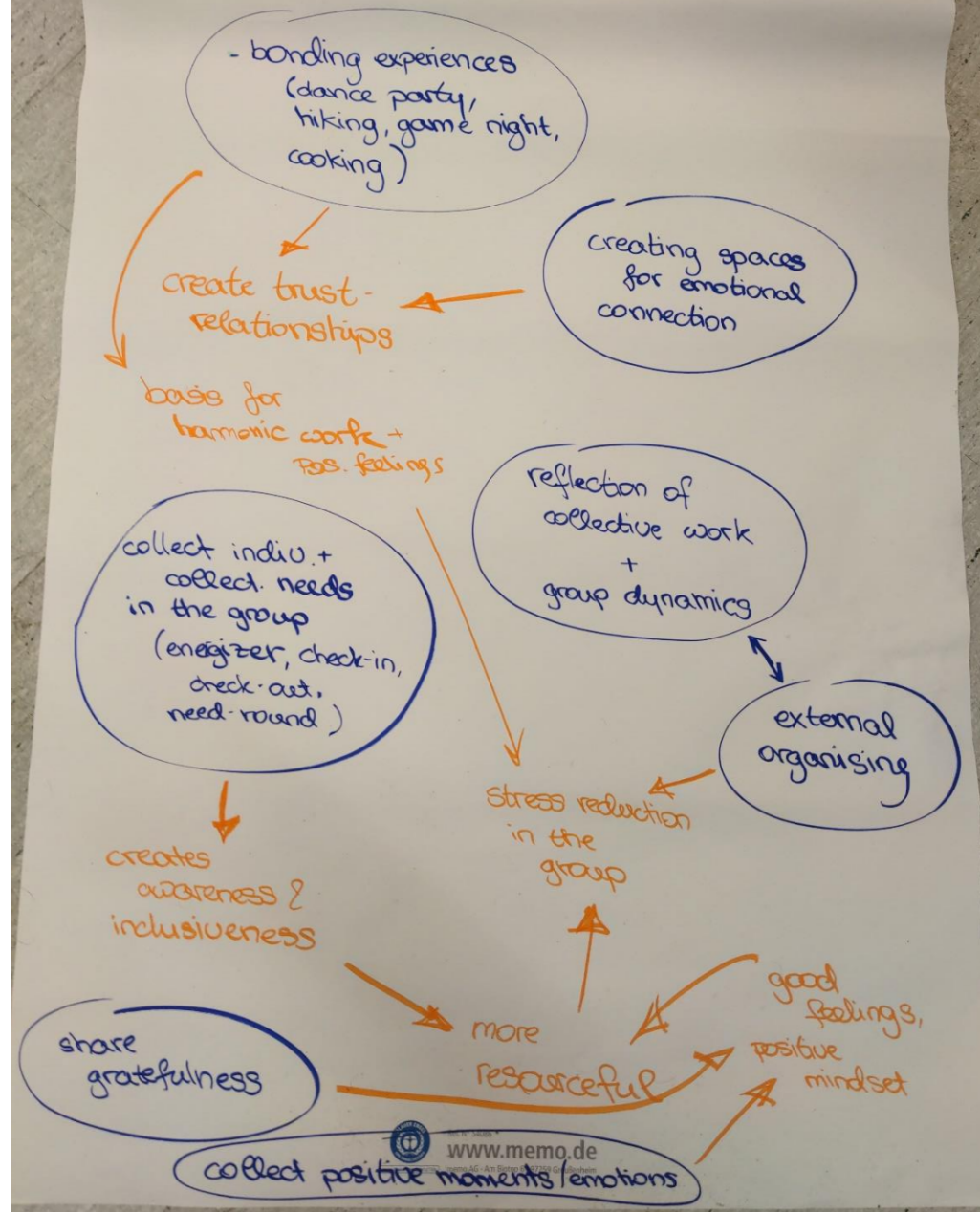


Sonnenuntergang genießen

Erfolge feiern



to share own Grenzen
to share own work



* check in's about challenges of the day
and feelings/emotions

* extra emotional-rooms

* ask for capacities if people are ready to listen
(tripper, overheat...)

* small goals & steps → celebrate! (-wins :)

* have specific topics & then coalitions :)

* have reflections & creative disruptions

* breaks (together)

* spend time with teambuilding & connection building

* "Buddy" Systems

- new people: "every new 2 people?"
who have responsibility
- inside of existing group
(to help each other in moments of stress etc.)
- also depending on interests & needs

* focus on relationships & connections between people !

→ feeling as a group (→ leads also to more motivation & celebration)

→ spend "fun" time together

→ value relations
and for each other

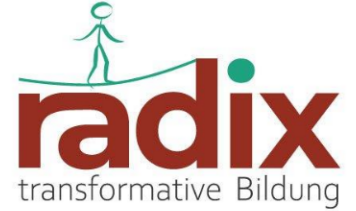


→ build "resilient" & caring
networks to also deal
with "personal" problems

structure to distribute
tasks in sustainable way

resolving failure, stress, problems,
pressure through humor collectively
- to lower expectations

Nachhaltiger Aktivismus zum Vertiefen, Weiterlernen, Austauschen... eine unvollständige Sammlung



- **Zines:**

Hellyeah Selfcare! Zine von Meg-John Barker ([hier online](#))

Social mindfulness Zine von Meg-John Barker ([hier online](#))

Nachhaltiger Aktivismus – Zine ([hier online](#))

Caring Movements – Chronic Illness & Activism– Zine ([hier online](#))

- **Materialien/Methoden: (leider hier nur englischsprachige – im Handbuch vieles davon auf deutsch)**

<https://movementstrategy.org/focusareas/r-transformative-practice/>

<https://thechangeagency.org/resources/>

<https://www.seedsforchange.org.uk/resources>

<https://www.storybasedstrategy.org/tools-and-resources>

- **Videos:**

[Trauma, Stress und Nervensystem](#)

[Toleranzfenster/Resilienfenster](#)

[Radical Resilience \(Trailer\)](#)

- **Bücher:**

adrienne maree brown: „Pleasure Activism“ & „Emergent Strategy“ (<https://adriennemareebrown.net/>)

Timo Luthmann - „Handbuch Nachhaltiger Aktivismus“ (<https://nachhaltigeraktivismus.org/dashandbuch/>)

Joanna Macy & Chris Johnstone: „Hoffnung durch Handeln“

Svenja Gräfen: „Radikale Selbstfürsorge. Jetzt!“

- **Podcasts:** Homo Activus Podcast <https://open.spotify.com/show/060jKsd2k9Hb4Bsd8hEPol>

- **TG Gruppe/Channel:** Nachhaltiger Aktivismus Channel <https://t.me/Psy4F>