

Five Good Ideas[®]

on how to help yourself to help others

SEASON
21

Farzana Doctor

Activist, community organizer, social worker, and author

Wednesday, May 22, 2024 - 1:00 to 2:00 p.m.

Working for social change and caring for others can be exhausting. Burnout is a risk to you and to our sector. Many people feel they don't have any choice but to leave their work for the sake of their own mental health. Much of the problem is systemic – broken social and health services, oppression, global crises. So what can we do? In this Five Good Ideas session, activist, community organizer, social worker, and author Farzana Doctor will present ideas on how to address burnout and find easy ways to bring more self- and community care into our workplaces and lives.

Farzana Doctor is a Tkaronto-based Registered Social Worker who has been working with individuals and couples since 1993. As an activist, educator, and writer, she has taught clinicians, co-written manuals for mental health providers and contributed chapters and articles about 2SLGBTQ+ issues, anti-oppression, self-care and female genital mutilation/cutting. She is the co-founder of WeSpeakOut and the End FGM Canada Network. She has written four critically acclaimed novels and a poetry collection. Her new book on self- and community care for helpers and activists, *52 Weeks to a Sweeter Life*, has just been released. For more information, please visit farzanadoctor.com.



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Five Good Ideas

1. Burnout is structurally rooted: address it on societal, organizational and individual levels
2. Don't forget that self-care and community care are linked
3. Normalize burnout and compassion fatigue as human experiences
4. Let your nervous system be your guide
5. Ditch the grand gesture approach to wellness and replace it with multiple, daily, workplace-supported practices

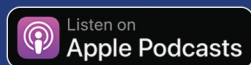
Resources

- TED Interview: [Emily Nagoski and Amelia Nagoski: The cure for burnout \(hint: it isn't self-care\)](#)
- The Commons Social Change Library: [Group Strategies to Prevent Stress and Burnout](#)
- Book: [Rest is Resistance](#) by Tricia Hersey
- The National Institute for the Clinical Application of Behavioral Medicine (NICABM): [How Trauma Can Affect Your Window of Tolerance](#) (infographic)
- Book: [52 Weeks to a Sweeter Life for Caregivers, Activists and Helping Professionals: A Workbook of Emotional Hacks, Self-Care Experiments and Other Good Ideas](#) by Farzana Doctor

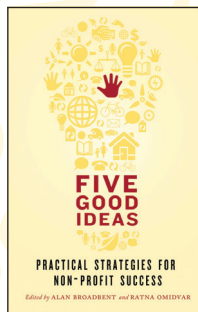
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FIVE GOOD IDEAS

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Edited by **ALAN BROADBENT AND RATNA OMIDVAR**

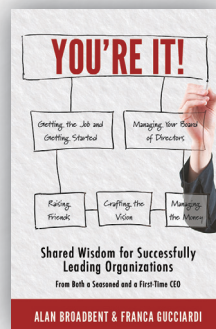
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