

Wellbeing Isn't Luxury. It's Political Infrastructure. *Care for Their People, They Don't Last*



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What's happening

Across movements globally, activists are burning out, traumatised into silence, and leaving the work they're committed to. The sacrifice culture is real, systemic, and unsustainable.

Meanwhile, those who treat wellbeing as foundational strategy – investing in emotional literacy, building collective support, creating culturally-appropriate care infrastructure – are building more effective, sustainable, and powerful movements.

This isn't theory. It's lived experience from people who've learned the hard way.

TWO STORIES, ONE TRUTH

Fundación Latir, Colombia: You Can't Manage What You Can't Name

- **The problem:** Most children lack vocabulary to describe feelings. By adolescence, they've learned feelings are dangerous.
- **The intervention:** Emotional lexicon cards, art-based learning, teacher modeling.
- **The results:** 53% drop in school conflicts, youth becoming councillors and community leaders.
- **The insight:** Soft skills are hard infrastructure. Emotional literacy is political power.

Open Briefing, Global Frontlines: When Repression Traumatizes Into Silence

- **The reality:** Activists face sacrifice culture, stigma around seeking help, generic solutions that don't address state repression.
- **The challenge:** Meditation apps don't help when navigating surveillance, criminalisation, constant threat.
- **The need:** Holistic support connecting individual health to movement resilience.
- **The truth:** Generic wellness culture fails activists. Context matters.

FOUR PROVOCATIONS FROM THE DIALOGUE

- 1 Wellbeing is culturally constructed.
- 2 Digital activists face unique pressures.
- 3 The "nun mentality" is widespread.
- 4 Soft skills are hard infrastructure.

WHAT'S MISSING FROM MAINSTREAM WELLNESS DISCOURSE

Indigenous knowledge systems. Spiritual practices. Collective approaches to healing that have sustained resistance for centuries. **The next session addresses this gap directly.**

Session #2 – Decolonised Wellbeing Approaches: Influencing Practice Where We Work
On 28 October (12:00–13:30 EAT), we'll explore what decolonised wellbeing truly means, moving beyond dominant frameworks to embrace indigenous, spiritual, and collective approaches to healing and resilience. Together, we'll reflect on how context, care, and community power can shape transformative wellbeing practices rooted in justice.

The burden of proof has shifted. Movements that invest in wellbeing as political infrastructure aren't just surviving – they're building the power to win.

Join us: web.civicus.org/vuka28october