

# Rest, Recovery, Resistance (3Rs): A Framework to Advance Climate Justice by Sustaining Long-term Community Organizing Practices Amidst Complex Climate Emotions

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## About Shake Up The Establishment

Shake Up The Establishment (SUTE) is a national youth-led registered not-for-profit organization (#1190975-4) that focuses on promoting environmental and climate justice in what is currently known as Canada. We use an intersectional approach to promote non-partisan political advocacy, craft accessible evidence-informed educational resources to improve climate and environmental literacy and collaborate directly with underserved and structurally vulnerable communities to address injustices. We honour the contributions of Indigenous, Black and other racialized peoples within the climate justice movement and recognize their resiliency despite the systemic inequities imposed upon them and strive to create space for joy, rest and dreaming of futures, particularly for racially, ethnically and gender-minoritized, neurodiverse and (dis)abled people, throughout our work.

## About the Workshop

This arts & community-based interactive workshop will open with storytelling to provide an overview of the Rest, Recovery, Resistance (3Rs) Framework, which forms the basis of our new book, *Practicing Rest, Recovery, Resistance: An Interactive Dreaming Journal* (ISBN: 978-1-7381367-0-4). To quote our book, “3Rs is an anti-colonial healing practice that is integrated into the fabric of our everyday organizing. It is a cyclical framework that continually repeats and invokes us to strategize means to sustain our long-term engagement in organizing as a critical part of our movement-building work...Under this framework, we promote the tried-and-true methods of reconnecting to nature, nestling and finding strength in community, and engaging in intentional learning and knowledge gathering (as a form of slower-paced activism). Alongside this, we use storytelling as a creative and healing tool through which we can help articulate and process emotions, and collectively conceptualize and ‘dream’ of the futures we wish to see for our communities” (p. 17). This framework was forged by blending years of experiential knowledge as leaders in the climate justice movement, with evidence-based perspectives from Indigenous, Black & South Asian knowledges, worldviews, cultures & traditions; including Healing Justice (p. 10), embracing anti-coloniality/decolonizing health and wellbeing (p. 11) and embodying *Chardi Kala* (p. 15). Following this brief presentation, the audience will engage in play—by exploring activities from SUTE’s book. These activities will provide an opportunity to engage in self and community-based learning and connectivity practices. Participants will learn how to better foster an intersectional feminist, anti-colonial embodied ethic of care within their community organizing, academic and professional spaces. Participants will also leave having learned more about the importance of creating sustainable community organizing practices as a form of investing in long-term climate resiliency.

You can purchase our book via our [ShakeUpTheEstab.org/journal](https://ShakeUpTheEstab.org/journal) (bulk orders welcome!) or at a local value-aligned independent bookstore (Vancouver: Massy Books, Iron Dog Books, Upstart & Crow, People’s Co-Op Bookstore). We also have a free teaching guide available at [ShakeUpTheEstab.org/post/3rs-teaching-guide](https://ShakeUpTheEstab.org/post/3rs-teaching-guide).



Figure. 1: Manvi Bhalla (L) and Taro Halfnight (R), Co-Founders of Shake Up The Establishment photographed at their book launch in Vancouver, BC. Image credit: Paola Alvarez.



Figure. 2: Climate justice organizers engaging in 3Rs-informed arts-based activities at the Toronto book launch event in Toronto, ON. Image credit: Zaki Farow.

## References

Shake Up The Establishment. (2023). *Practicing Rest, Recovery, Resistance: An Interactive Dreaming Journal* (M. Bhalla & C. Alcena,Eds.; p. 244). Shake Up The Establishment.