



# £R SUPPORT & WELLBEING

## An offering from the XR Money Rebellion support team

This document has been created to support participants of Money Rebellion (£R) actions; with the intention of guiding rebels through what we acknowledge may be potentially stressful actions. We want to promote regenerative culture, connection and mental wellbeing at all stages of the Money Rebellion action cycle.

### Know your why

We think it is important to familiarise yourself with the narrative we are collectively creating, this is outlined in the [Money Rebellion talk](#) and [our one page overview](#). Our economy is founded upon a logic of separation; this results in a suicidal pursuit of infinite growth on a finite planet, endless consumption in an attempt to fill a hole that can never be filled with material goods. Perhaps it is also useful for you to think about a personal reason for why you are participating in a £R action. You don't need to be an economist or an expert in the financial system to get involved, just be clear of your motivations as these will be what propels you through the action. Sometimes stories can be more powerful than reeling off facts and figures.

### Legal info

£R actions come with varying degrees of risk (as indeed do all XR actions). Make sure you are fully informed with all the legal information; this can be found in the [legal support document](#). Remember, if you have any queries or want to chat things through, the £R support team can be contacted at any time throughout the entirety of the actions cycle. How far you want to take an action is entirely up to you.

### Communication

We will be using telegraph groups for the practicalities and the organizing of actions. We will be using the [slack](#) platform as an active forum for people to share their experience, ask questions and generally get in contact with each other. We will host zoom chats to have more in depth conversations before an action, during

and to debrief after. You are not alone! If all this tech talk leaves you cold and you need help with it then contact us.

### Connection and symbolism

Unlike XR NVDA in the street, we may not be in physical contact with other rebels undertaking the same/similar actions. As such, It will be so important for us to maintain a sense of solidarity and togetherness. Testimonies from rebels, who want to publicly share about their experience and their motivations will serve as a visual reminder that we are all in this together. We will also do our best to connect people who are doing similar actions who are local to each other to encourage physical meetups. Symbols to display an £R action may also be useful for enhancing this sense of solidarity for example, posters, stickers, posting online, hanging sheets out of your window to declare a debt strike- let's get creative with this, feel free to think up your own!

### Rebel Agreement in the context of Money Rebellion Actions:

- We show respect to everyone - to each other, the general public and to the government and police.

This action invites participants to take on varying degree of risk, as such emotions may well be running high. Money can be a triggering issue for people so it may be worth considering that we don't know how people will react to this action and it could elicit visceral emotions. Perhaps it is worth referring to the breath guide below if the conversation becomes heated.

- We engage in no violence, physical or verbal, and carry no weapons.

No-one can tell you what to say, but this rebel agreement is something we have all agreed to when we act under the XR name. Remembering this may help you take a step back if you feel like you can't maintain a conversation whilst respecting this principle.

- We hold ourselves accountable for our actions and do not hide from the legal consequences.

Make sure you have read the [legal document](#) in full and you are equipped with all the necessary information before going ahead with a £R action. If you have any queries, don't hesitate to get in touch with the support team, we have access to legal and debt specialists who can help you think through risks.

- We take responsibility for ourselves; we are all crew.

Taking responsibility for ourselves and our actions means we can look after each other. Connecting with other £R rebels will be key to keeping morale high and offering support and solidarity. Keep checking in with the support networks in place and reach out and connect with each other.

## Breathe guide for Money Rebellion Actions

*Inspired by NVC De-escalation*

### B - breathe

Ground yourself: close your eyes, breathe deeply through the nose. Notice your feet connecting to the ground, the weight of your body in your chair.

### R - rest and recreation

An action can become all consuming, remember to take time out and think about/do something completely different which makes you feel good! Rest is necessary for the rebellion, see the [regenerative actions cycle](#) for more details.

### E - empathy

Remember we are all in a crisis and people have their own stories. We are all humans. Not everyone we speak to is responsible for what we are trying to solve (e.g. people working in a bank).

### A - anchors

Who are you going to talk to after and during your £R action? It is important to have someone to debrief with and to start processing our feelings and responses. We will offer zoom meetings to facilitate this, but we recommend having the support of a local XR group or someone in person alongside this.

### T - take your time

Remember, we don't know how people will react to these actions. You may receive correspondence from the bank, HMRC, the council and debt collectors, these letters are often written in a way to pressure. Take your time to consider how you would like to respond, we will provide response support and template letters which you can send. Also remember, you don't have to respond to people questioning the action, or even respond to any letters. Take your time to decide

your response/ non-response. You may also find that family and friends want to engage in conversations about £R actions; taking our time in conversation comes across as thoughtful and non-confrontational. We are not under a spotlight and we should allow ourselves time to gather our thoughts.

#### H - hear

Sometimes people need to rant (a lot) before they are ready to listen. Sometimes they are never ready to listen. Hearing what someone has to say before we proceed with our agenda, will help keep the conversation open and non-argumentative. Lets aim to listen to understand.

For more information on self-care, regenerative action cycles and wellbeing please take a look at the [Action Wellbeing Handbook](#).