

ALONE TOGETHER

A HANDBOOK



Regenerative resources in a time of coronavirus

An offering from Regenerative Cultures, Extinction Rebellion UK

Now is the time to take care of ourselves. We don't know how long coronavirus is going to be with us, and we all need to prepare ourselves for this uncertainty and adapt.

As Extinction Rebellion has been evolving we've been developing resources and tools to help navigate the climate and ecological emergency which are of deep relevance as we face this planetary health crisis.

This handbook has been created to offer support in building resilience to the crises, staying connected with each other, and empower you in offering support to others. Over time, the initiatives listed here will develop, and as capacity grows, working with others we plan to roll them out ever-wider.

In this moment Regenerative Cultures around the world are connecting, creating resilience, collaboration, health and solidarity. Now, more than ever, we need those things. Each of us has a vital role in creating a regenerative response to coronavirus.

This handbook covers:

- SELF CARE IN ISOLATION
- 1-2-1 SUPPORT
- STAYING CONNECTED
- MUTUAL AID
- COMMUNITY DEMOCRACY
- JOIN THE CONVERSATION
- ONLINE EVENTS
- MORE RESOURCES

*A live version of the handbook will be updated on an ongoing basis.
You can access it [here](#).*

In this emergency, let's come together in love and strength, as never before.

#ALONETOGETHER

SELF-CARE IN ISOLATION

1-2-1 SUPPORT

Wellbeing tips & practices

Here's a **reminder** of some important ways to support your physical and mental wellbeing during this time. The more we tend to our own wellbeing, the more we're able to support others. Watch our new youtube channel for wellbeing tips and practices [here](#).

Share how you're feeling online

We are holding daily online spaces to connect, listen and communicate. Details can be found in the main schedule [here](#). Sign up to hold a space [here](#) (training is available).

Keeping up morale

In the midst of isolation, our streets are quiet and businesses are closing. Behind closed doors resilient humans are online eating dinner alongside friends around the world, and organising events around their passions. What's your passion? Set something up on Facebook/WhatsApp/Zoom, check out [this Facebook group](#), or find positive news [here](#), to get smiling!

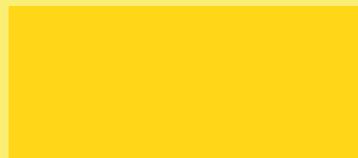


Find someone to be your 'anchor'

It sounds simple, but arranging to check in with someone you know can really help. Offering a shoulder to support each other is an effective way of taking care of yourself and others around you. Find out more [here](#).

Phone support

If you find yourself in emotional distress and would like to speak to a trained therapist, our Trained Emotional Support Network can connect you [here](#). If you'd like to help with offering support (with or without professional training), please get in touch [here](#).



STAYING CONNECTED

MUTUAL AID



For the foreseeable future, we are facing severe social distancing measures. Many people will be feeling isolated and lonely - particularly those already in vulnerable situations - but through online platforms and phone networks we can stay connected to each other and supported.

Tech “No one left behind!”

Getting online can help people stay connected. To help you get online, [here](#) is some guidance on how to use free online video conferencing software, Zoom. [Here](#) is a recording on how to facilitate large group meetings online. There are even more resources on [this](#) Loomio link.

Creating holding circles

In times like this, having a strong support network can be the difference between struggling to cope and finding an opportunity to share and make sense of things. If you don't feel supported in this crisis you could [set up a holding circle](#).

Deepening relationships

Humans naturally bind together in times of need, so crises can be opportunities to deepen our relationships with ourselves, our community and develop regenerative cultures. We are beginning to collate videos and other resources that look at how we relate to each other, to help us develop a strong network of mutual aid and deep connection, which are listed [here](#).

With increasing numbers infected and isolated, what can we do to make sure no one is left alone, and our communities are supported?

Thousands of people around the country are mobilising to provide for those in need by [building Mutual Aid groups](#).

Become a Street Champion! Aim to be connected to every single person on your street and map their needs using [this](#) and [this](#) phone script. Call round your local area to see what groups are already active.

Take precautions to minimise the risk of spreading the virus while supporting your community, information [here](#).

Read our longer guide, [Community Organising for the Corona Crisis](#), and see a webinar recording [here](#).

[Join](#) an online Covid Community Action Workshop to discuss best practices and experiences around organising, practical steps, and resources on mutual aid.

Find resources on the huge crowdsourced [CoronavirusTechHandbook.com](#)

COMMUNITY DEMOCRACY

How we make decisions in our communities - local and global - during these times is important.

Would you like to take part in an online workshop on how to begin building a movement of local democracy and community organising? Request a workshop [here](#).

These workshops will explore ways in which we can make decisions together, how we might live alongside each other and the world around us.

JOIN THE CONVERSATION

People around the world are coming together to discuss and organise community-led responses to the coronavirus crisis.

Join the main XRCoronavirus telegram chat [here](#) and the broadcast channel [here](#).

Join our Coronavirus Daily Discussion Space, every day at 18:30-20:00 to discuss the important issues and pressing questions of these challenging times. *Zoom link* [here](#).



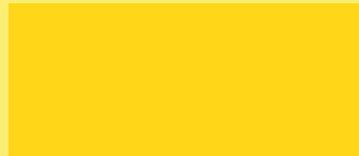


ONLINE EVENTS

Online coronavirus-focused webinars, trainings, workshops, and listening spaces are being offered by wonderful people, evolving daily.

See the growing #AloneTogether Online Programme [here](#)

If you have content to offer, sign up [here](#), and go [here](#) for practical guidelines.



MORE RESOURCES

Global Support Coronavirus Team offers [this](#) resource list.

The Climate and Ecological Emergency is still here. If you are interested in finding out more about this, you can request general online Extinction Rebellion talks and training [here](#). See [this page](#) for a summary of all the trainings and talks happening in your area. Find out how to put your talk or training on this page [here](#).

Extinction Rebellion also has a [Youtube channel](#) which you can subscribe to in the coming weeks and months. We will be updating this with videos and content ongoing.

STAY

SAFE

STAY

CONNECTED