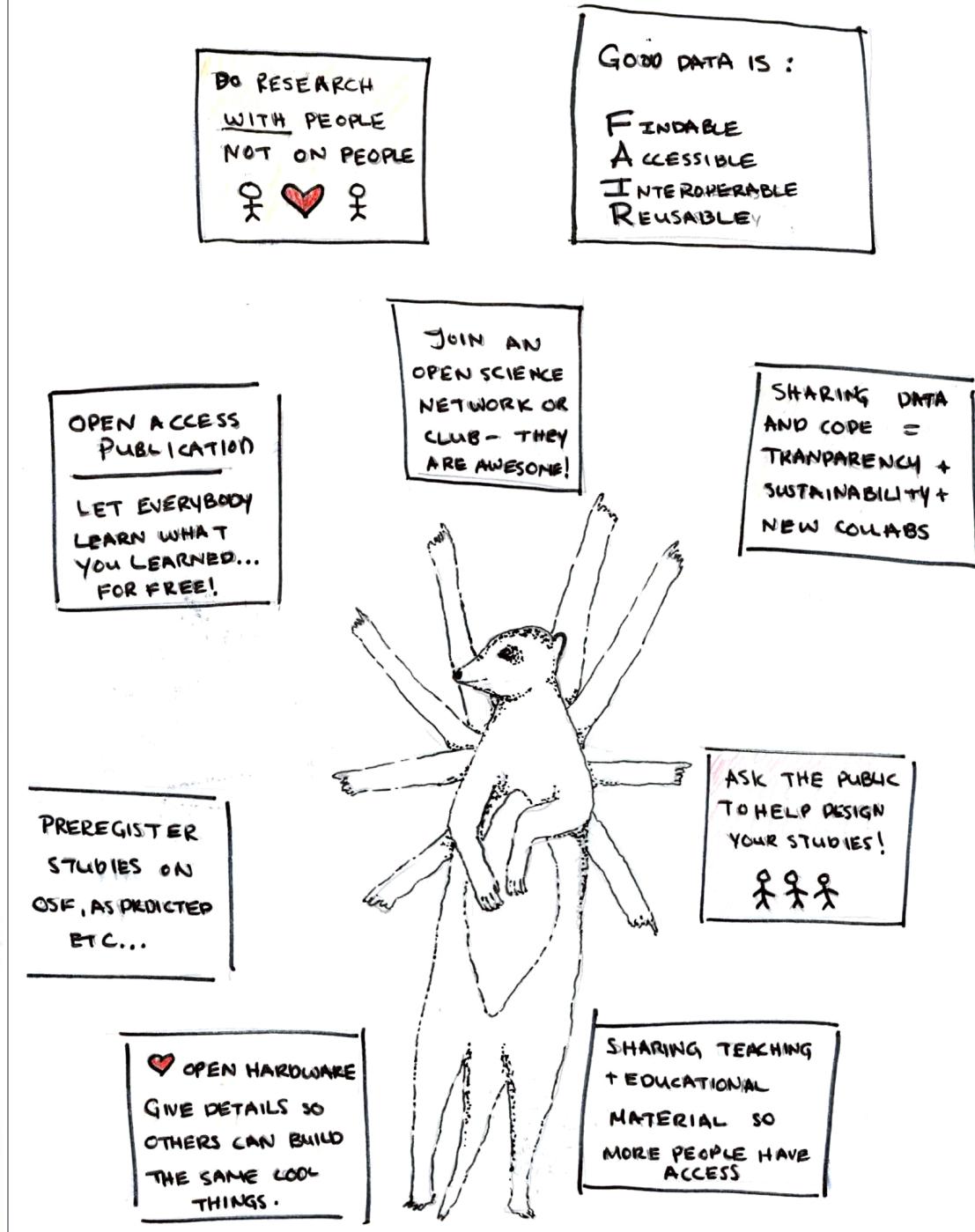
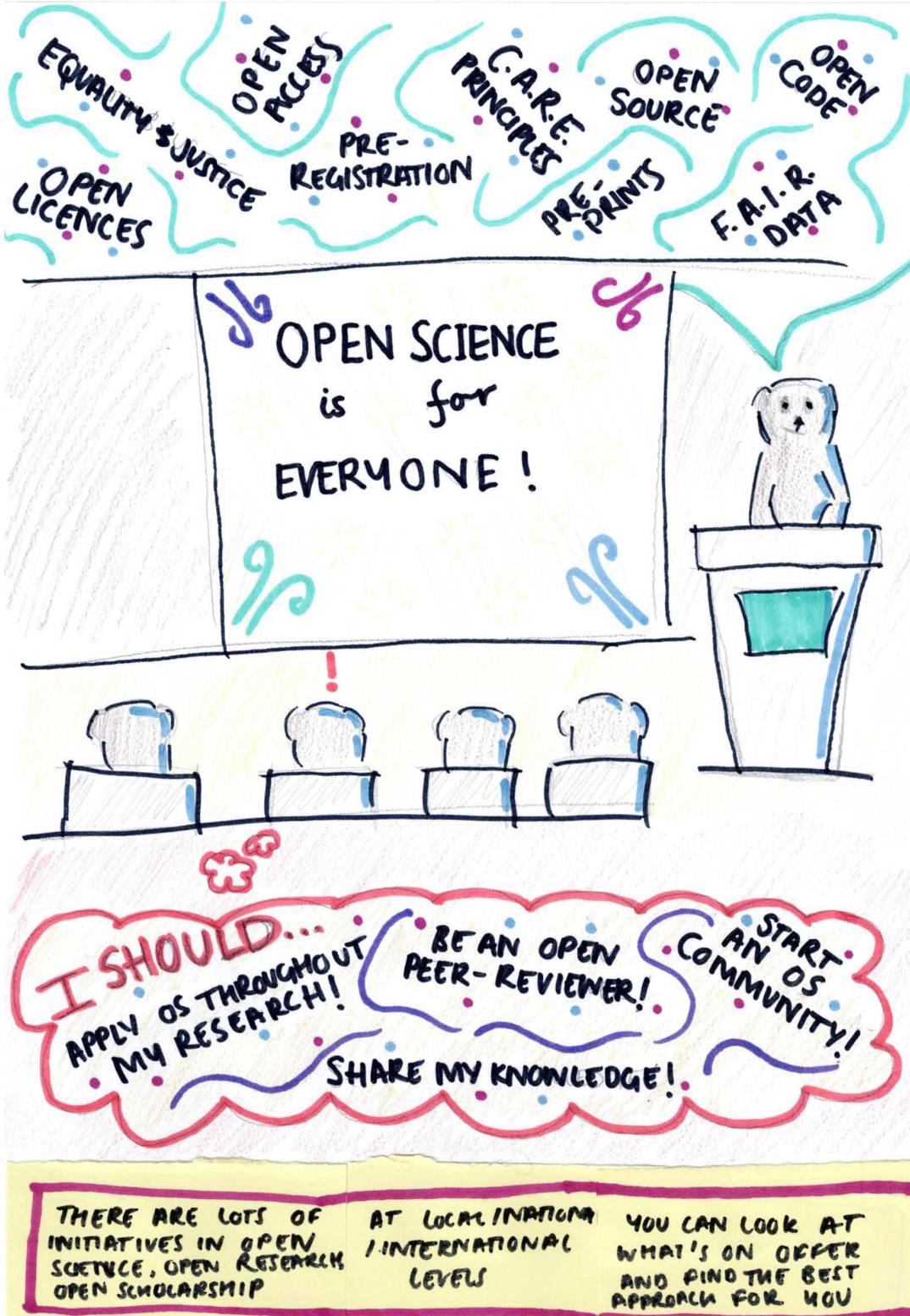
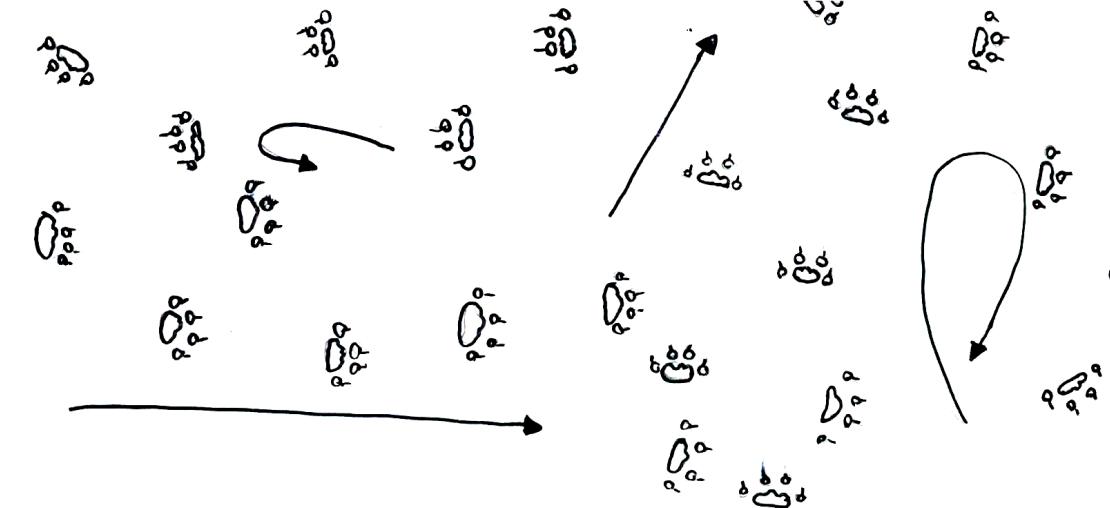


OPEN SCIENCE IS POLITICAL

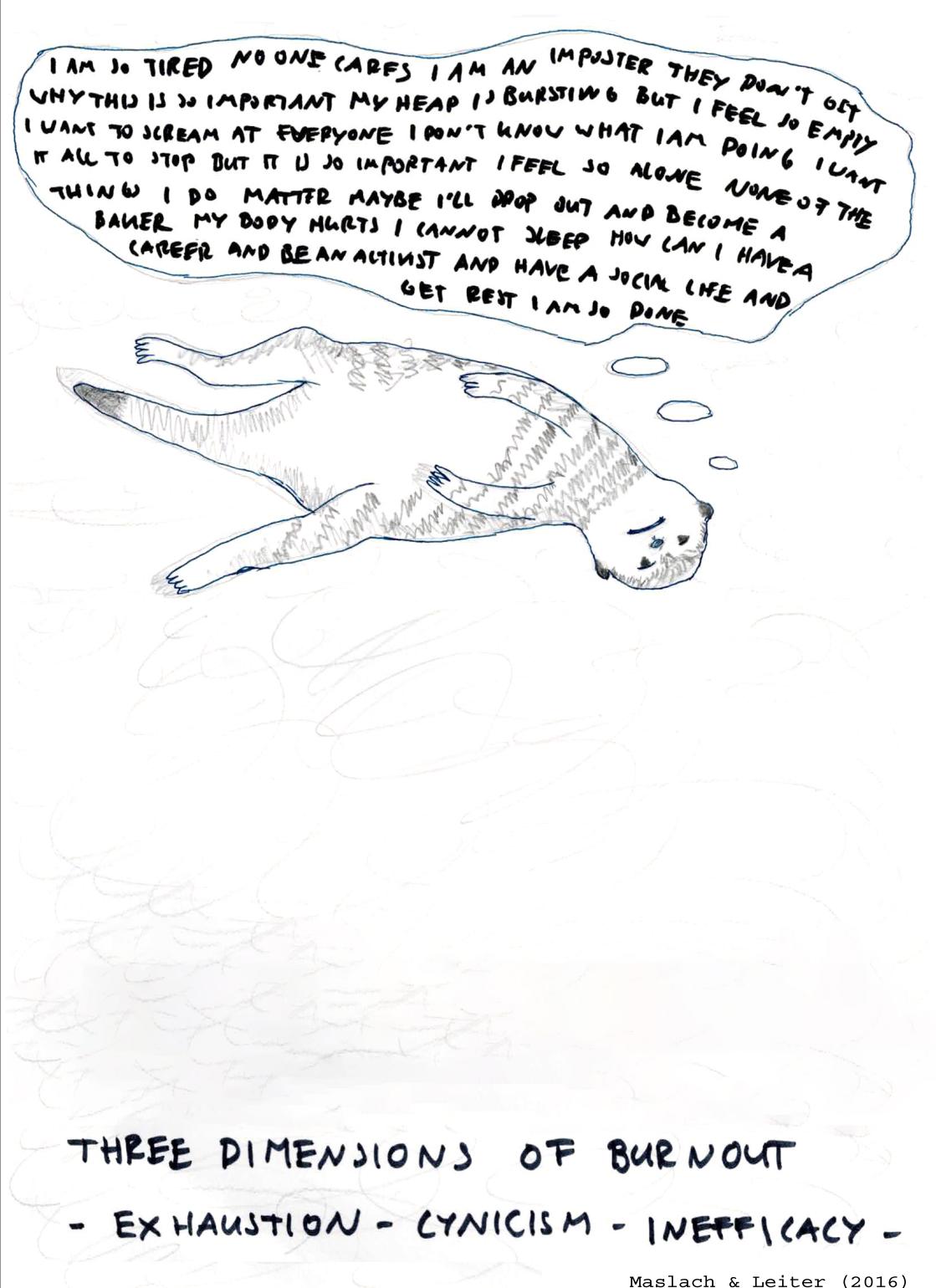
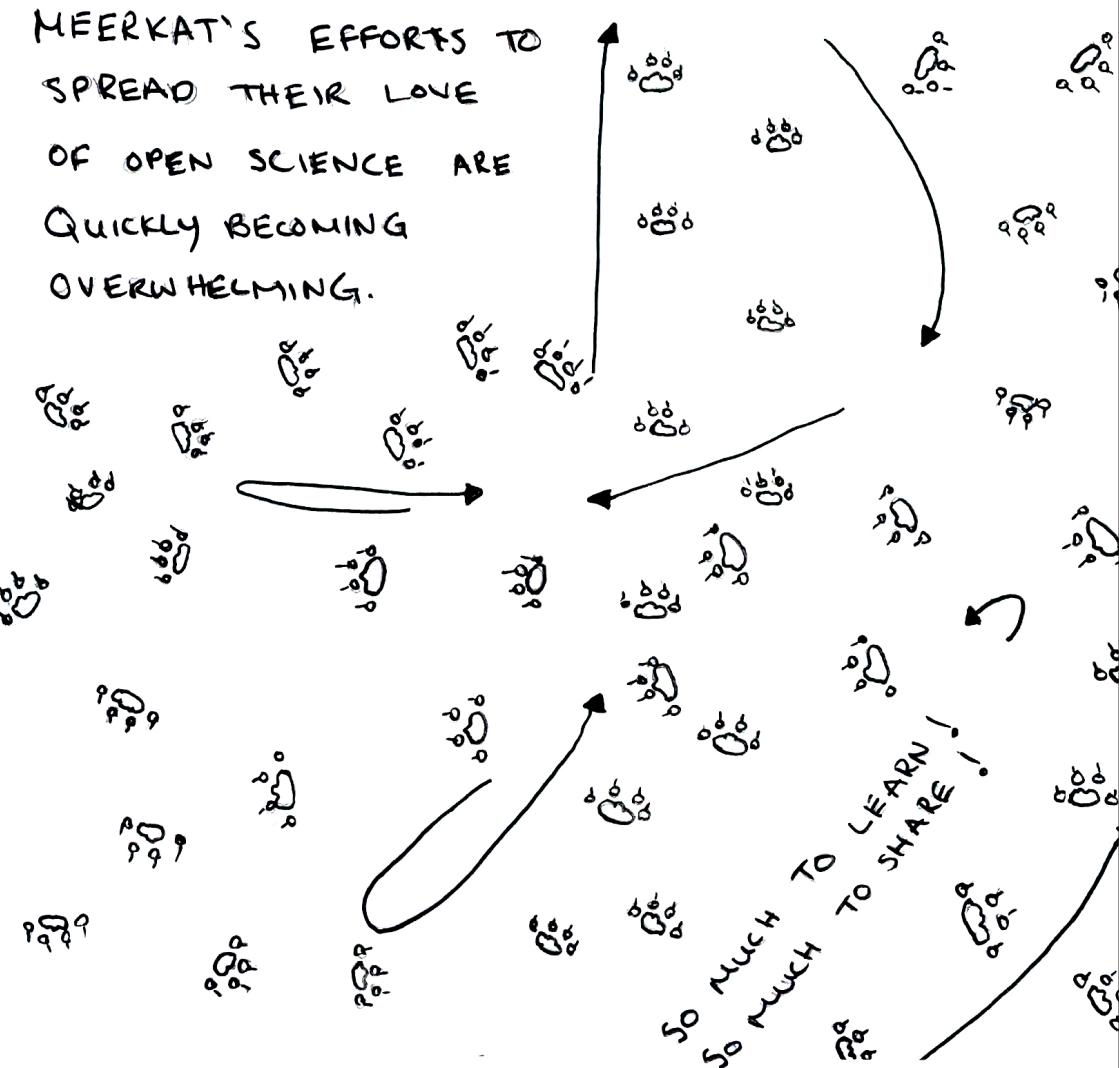


OPENSOURCE A GUIDE TO RECOVERY FOR ACTIVIST BURNOUT





MEERKAT'S EFFORTS TO SPREAD THEIR LOVE OF OPEN SCIENCE ARE QUICKLY BECOMING OVERWHELMING.



STOP! You are not alone!

WE CAN HELP YOU — RECOVER —



You need
SEVEN TYPES
OF
REST . . .

- 1 PHYSICAL & SENSORY
- 2 MENTAL & SPIRITUAL
- 3 EMOTIONAL & CREATIVE
- 4 SOCIAL



READING LIST

add your
own
resources!



MADE WITH LOVE AT THE
OPEN SCIENCE RETREAT 2025



Ruth Julia Peter
Ruby Annayah RISSA Lydia

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