

# Useful Tools & Templates

## More Resources for Action Wellbeing volunteers

[PDF Wellbeing Handbook](#) - a deeper guide into the details promoting wellbeing in our rebels on an ongoing basis, as well as the details of organising Action Wellbeing for a large action.

[Action Wellbeing Practice Scenarios](#) - to role play with your Affinity Group, Wellbeing Team or other Rebels

[Pre Action and Arrest Preparation](#) - Emotional and practical preparation for action (and arrest)

[Kit List](#) - some suggestions for your Wellbeing Kit

[How to debrief](#) - please take inspiration and use what is useful to you

## The Regenerative Action Cycle

# THE 'REGENERATIVE ACTION' CYCLE

