

# Regenerative Resources

Has your Group tried one of the ideas in the Toolkit or have you come up with your own to add? Please create a page in here outlining how it went, allow the movement to reflect on your experience and learn from it! Tell us what went well and what could have been better. For guidance check out the "Contributing to this Resource" page of the Help Section.

- [Sutton's Regenerative Cultures Resources](#)
- [Non-Violent Direct Action within Regenerative Cultures & Avoiding 'Burn-Out'](#)

# Sutton's Regenerative Cultures Resources

A comprehensive set of links for all things Regenerative Cultures related

This document is stored on the Cloud

[Sutton Regenerative Culture Doc](#)

# Non-Violent Direct Action within Regenerative Cultures & Avoiding 'Burn-Out'

## **Regenerative Cultures**

XR is into 'Regenerative Cultures', it is number 3 in our Principles & Values list.

### **3. WE NEED A REGENERATIVE CULTURE**

Creating a culture which is healthy, resilient and adaptable.

**NON-VIOLENT DIRECT-ACTION** within a Regenerative Cultures & Avoiding 'Burn-Out'