

# 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'

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