

Oppression Fatigue

- The heavy exhaustion that comes from being oppressed;
- The emotional, psychological, spiritual, and physical exhaustion that comes from enduring the day-in and day-out micro- and macro-aggressions of personal and collective violence, rejection, inequities, discrimination, invisibility, and injustices caused by the systematic privileges of one group(s) over another group(s)...racism, heterosexism, transmisogyny, classism, xenophobia, etc.