

Finding steady ground:

strengthening our spirits to resist and thrive in these times.

To be in shape for the long haul, we have to keep our minds and spirits ready and heart open.



- 1 I will make a conscious decision about when and where I'll get news — and what I'll do afterwards.



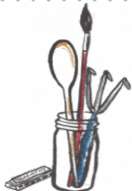
- 2 I will make human-to-human connection with another person and make sure we stay in motion.



- 3 I will pray, meditate, or reflect on those I know who are being impacted by oppressive policies, and extend that love to all who may be suffering.



- 4 I will read, listen to, or share a story about how others have resisted injustice.



- 5 I will be aware of myself as one who creates.



- 6 I will take a conscious break from social media.



- 7 I will commit to sharing with others what's helping me.