

Finding steady ground:

strengthening our spirits to resist and thrive in these times.

To be in shape for the long haul, we have to get our minds and spirits ready, as well as jump into action.



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

2. I will get together with some people face-to-face to support each other 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.