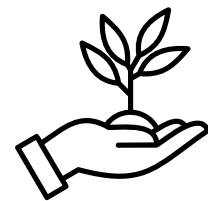


SUSTAINING ACTIVISM

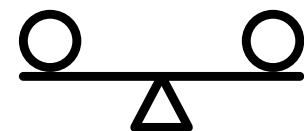
1 Cultivate Joy

Joy in the face of despair is an act of resistance. Extremists want to take our hope away and it's vital we don't give it.



2 Find Balance

Maintain a healthy equanimity of compassion and detachment. This work is overwhelming, and it's important to remember that you alone are not responsible for any outcome. You are not solely responsible for the fate of the world!



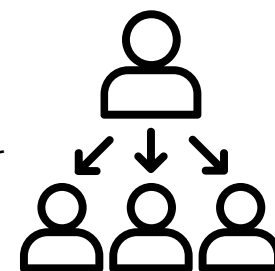
3 Chop Wood, Carry Water

Break up the overwhelm into smaller tasks. Work fills the time allotted and there will always be something to do, including many big things. You can do hard things when you take them bit by bit.



4 Delegate Work

The best activism is the activism you'll actually do, so find out what people are good at and give them manageable tasks. Every volunteer who reaches out should be given some kind of task to complete to maintain their investment.



5 Have Fun!

Introduce friendship into your work. Express celebration and gratitude for volunteers and each other. Activism is hard work, but that doesn't mean it can't be fun work. Add wine. Add activities. Add prizes. Make connections with your fellow activists and turn them into friends.



Inspired by information from Field Team 6.