

## DO

- **Take a deep breath, pause, and remember things change quickly**
- **Focus locally**
- **Find your people - join a TroubleNation group or start your own!**
- **Select 1-2 issues or projects**
- **Get creative and curious**
- **Learn something new each day**
- **Vet info before sharing and listen to your gut**

## DON'T

- **Chase the chaos**
- **Try to do it all**
- **Go it alone**
- **Repeat disinformation**
- **Doom scroll social media**
- **Share unvetted info or use AI when looking for the truth**
- **Engage with trolls**

# DOs & DON'Ts For 2025