

FEELING:

HYPERVIGILANT

OVERSTIMULATED

HOPELESS

NUMB

PANICKED

ALONE

STUCK

EXAMPLES

Constant Scrolling, Looking Over Your Shoulder

Sensitive, Withdrawing, "Triggered"

Disempowered, Pointless, Feeling Like You Can't Help It

Disconnected, Scroll Away, Not Able to Feel

Heart Racing, Warm, Out of Breath

Unsupported, Teamless, Isolated

Overwhelmed, Indecisive Frozen, Life Not Moving,

Time-Out

Time-Out, Lights Out

Inspiration Through Others Victories

Affirmation: Numbness Is Protection Too

Hydrate, Get Some Protein

Start a Group Chat About It!

Grounding

Safety Corner

Take Control: Turn Your Tech Off

Read About The Topic (Analyze)

Journaling: Feelings, Experiences, Reactions

Low Tempo, Soft Music

Reach Out To Local Organizers (Research!)

Exercise for 10-15 Minutes

Affirmation: Feelings Valid And You Trust Your Safe Space

Cold Water + Mindfulness

Find Community / People To Share Your Ideals

Grounding

Hold Hands with a Loved One/ Friend (Contact)

Attend A Skill-Building Webinar To Improve Your Activist Skills

Include Normal and Activist Tasks to Your To-Do Lists (have one!)

Call a Friend

Call a "Muscles Focus Group" Meeting!

Small Actions: Donate, Sign Petitions, Share Articles, Shop Black/POC Owned

Revert To Familiar Ways To Reach Catharsis

Try A Breathing Exercise

Attend CROWN Well-Being Taskforce's Peer Support Sessions

Call A Friend, Get An Accountability Partner

COPING STRATEGIES

Reference: @feministsexed

