

In moments of crisis, especially in an age of social media and a 24-hour global news cycle, there is enormous pressure to respond: swiftly, publicly, and (morally, politically, socially) "correctly. **There are a diversity of options for action when responding to political crisis...**



Care for self & community

if you are personally affected: take care of yourself and seek care from your communities.

Take breaks, set boundaries, engage in nourishing conversation (therapy, friends, allies). Offer care to your communities. If possible, do things that bring you resilience, relief, or joy (e.g. taking a walk, cooking, dancing, singing, crafting)

(adapted from "Self/Group Care", Mia Mingus)



Care &/or Solidarity

Express to a friend who is personally affected

Public Mourning Rituals



participate in public mourning rituals or create private ones to honor the dead and the suffering of this crisis



Find Political Orgs

Connect with a local, national, or international political organizations that align with your values...

Posting & links

Use social media to critically encounter diverse ideas and information and/or to follow opportunities for social and political engagement. *Remember - this is not only location for action or engagement. You do not owe anyone social media engagement or public declarations of political position.*

If you choose to post on social media or put a link in your email signature to an action you support, be mindful of your rhetoric & its impact on others.

Read narratives



Watch films, listen to music, or seek out visual art created by people in communities affected...

Research what is happening

from a variety of sources...

Listen to testimonies

Listen deeply to testimonies of those affected. Listening is active.

(inspired by "Listening Manifesto", Ernesto Pujol)



Take political action



Call and/or email your representatives. Participate in a phone banking effort (find scripts online or through the political organization you have identified). Attend a march or rally.

OPTIONS FOR ACTION: Responding to Political Crisis