

POLITICAL RESILIENCY

Elections can be hard but **we can do hard things**. It's important to find ways to rest and reflect so we can continue to work towards the future we want to see.

Remember, political engagement is a relay, not a sprint.

What is my joyous vision of the world that I'm working toward?

How can I take care of myself this year?

Who is my community? How do they care for me?

How can I help create the election outcomes I want with the orgs that I trust to serve my community?