

## **Nov 18, 2024 Indivisible Resources/Suggestions:**

From Wendy Czopp:

- Mental health resources: websites, podcasts, finding a therapist
  - Dr. Kristin Neff - self-compassion resources: <https://self-compassion.org/>
  - Mindfulness & meditation resources:
    - 10% Happier podcast & app
    - Bellingham Insight Meditation Society: <https://bellinghaminsight.org/>
    - Mindfulness Northwest
  - American Psychological Association resources:
    - <https://www.apa.org/pubs/reports/stress-in-america/2024>
    - <https://www.apa.org/topics/stress/political-change>
  - To find a therapist:
    - Psychology Today online therapist locator: <https://www.psychologytoday.com/us>
    - Contact your health insurance plan to request help finding a therapist
    - Ask your primary care physician for referrals
- Bringing heart & mind together, in our politics:
  - Braver Angels website/projects (<https://braverangels.org/>), including the podcast A Braver Way with Monica Guzman
  - <https://www.readtangle.com/>
  - Question Everything with Brian Reed - podcast
  - “My Manifesto for Despairing Democrats” by Nicholas Kristof - NYT article from 11-6-24: <https://www.nytimes.com/2024/11/06/opinion/trump-democrats-loss.html>
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From Marie Eaton:

Rebecca Solnit: Hope in the Dark (2004)

“Hope is Not a Bird, Emily, It’s a Sewer Rat” by Caitlin Seida. [joyandjusticecoaching.com/](http://joyandjusticecoaching.com/)

From Michael Berres:

Walking With the Wind—John Lewis’ autobiography

Prequel by Rachel Maddow or any of her podcast series; A Fever in the Heartland by Timothy Egan; Hitler in Los Angeles by Steven Ross, or any other of the current compelling stories of how ordinary Americans foiled fascist plots to overturn democracy.

Suggestions on taking care of ourselves from audience members:

“music, art, exercise, grandkids, animals, cooking, laughing, gardening.”

“do something positive, no matter how small, every day.”

“focus in on myself—daily meditation, fitness, yoga, diet...take break from news/talking politics”

“wear comfy socks...no news the entire days twice a week...have a dog or cat or koala take a nap on your chest a couple of times a week...ask your therapist how she or he is doing...let the dishes sit dirty in the sink twice a week...when you’ve taken enough recovery time, get off the couch and back into saving democracy...”

“volunteer as much as you are able (to help others)”

“time outdoors...travel...turn off news...support youth... volunteer... cook/bake...family-friends... walk”

“compassionate listening circles...talking with people you haven’t met yet...”

“movement: walking, biking, swimming...spend time in nature... listen/learn from others...”

“fascists don’t stop being fascists because you ask nicely...”

“take care of environment...”engage with minorities/marginalized people...nurture friendship networks...stay in tune with informative/truthful media...”

“learning how to personally cope...don’t fall into outrage”

“deliberate interacting with all sorts of people...avoid doom-scrolling/things I can’t control...”

“establish personal boundaries”

“1) asking how friends are/find common grounds with relatives; 2) spend time in nature...get hands dirty...yard and neighborhood clean-up: 3) visit with neighbors—get to know them...”

“connect more in whatever ways you need...self care—taking anti-anxiety meds—Upaya Center (Zen Center)—Terry Tempest Williams free on line—read/listen to Rebecca Stolnit”

“help neighbors, be generous with your time, dance”

“...fishing and being in nature...cooking”

“...read Victor Frankl’s “Man’s Search For Meaning” to find hope...nature, building connections in community...”

“...action, purpose, nature, writing, supportive people...”

“Reaching out to others... walk in nature”. Query: Learn why they voted for Trump?”

“Bus rides, walks outside, exercise with weights, dancing, aquatic center, lakes, salt water swim, ballet, Firehouse events, tea and coffee...taking care of ourselves—sleep, food, humor, music, service, caregiving, taking naps...Query: how can I stay in community like this?”

“Travel and see what it feels out there and learn how people around the world feel about us... exercise and take time to read and garden...read Hope In The Dark.”

“laughter...gratitude journaling...positive self-talk...getting rid of things...”

“connect with community...disconnect from media...”

“...invite our new friends to walk with us (met tonight at this event) go for nature walks...read inspirational things from a wide array of sources...relearn diversity—I’m not including half the country...cut out things that are not enriching...spend time with friends of the heart...”

“...‘what the world needs now is love, sweet love’...listen to people, many are terrified (e.g., immigrants, LGBTQ+)”

“...don’t watch news along with more exercise and walking...”

“...go walk in the forest—time outside...getting involved with the greater community...game nights and laughter...be gentle with ourselves and each other.”

“...square dance with everyone willing...stay curious/loving...remember USA is young country...”

“be physically active, read, garden, cooking for family and friends....strategically be aware/pay attention to politics ...take action to make things better...build community!...engage with kids...”

“...next -level soul podcasts....psychics and NDE interviewees—Big Picture of what’s happening to our world...contact our elected officials, express concern to act...stay active in community.”

“walking, exercise, nature, gardening...community...skiing, explore Canadian citizenship for trans off-spring, listen to Heather Cox Richardson...eat more pie!!!...volunteering...”