**Finding steady ground:**strengthening our spirits to resist and thrive in these times.

**To be in shape for the long haul, we have to keep our minds and spirits ready and heart open.**

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| http://www.findingsteadyground.com/wp-content/uploads/2017/02/1.png | **1** | I will make a conscious decision about when and where I'll get news — and what I'll do afterwards. |
| http://www.findingsteadyground.com/wp-content/uploads/2017/02/2.png | **2** | I will make human-to-human connection with another person and make sure we stay in motion. |
| http://www.findingsteadyground.com/wp-content/uploads/2017/02/3.png | **3** | I will pray, meditate, or reflect on those I know who are being impacted by oppressive policies, and extend that love to all who may be suffering. |
| http://www.findingsteadyground.com/wp-content/uploads/2017/02/4.png | **4** | I will read, listen to, or share a story about how others have resisted injustice. |
| http://www.findingsteadyground.com/wp-content/uploads/2017/02/5.png | **5** | I will be aware of myself as one who creates. |
| http://www.findingsteadyground.com/wp-content/uploads/2017/02/6.png | **6** | I will take a conscious break from social media. |
| http://www.findingsteadyground.com/wp-content/uploads/2017/02/7.png | **7** | I will commit to sharing with others what’s helping me. |