

Support your body with any rest that is available to you.

Nourish & hydrate in accessible ways. Small improvements count.

Move gently if available. Stretch, shake hands, change position, or unclench your jaw.

Protect your health with masks.

Spend time with fresh air, sunlight, open windows, or nature in ways available to you.

BODY CARE.

Print, share, & redistribute with love.



DISCLAIMER: ALL CONTENT IS FOR EDUCATIONAL & ENTERTAINMENT PURPOSES ONLY.

Not for resale.

Traumatized & Thriving

Support disabled & racialized folks **FIRST. Always.**

Share meals, groceries, rides, & funds when able.

Organize, fund &/or join direct & mutual-aid efforts.

Share skills like translation, tech help, or tutoring.

Create ways people can join in person, online, &/or asynchronously.

COMMUNITY CARE.

FASCISM IS HERE.

A Pocket Guide on How to Stay Grounded, Connected & Protected During Rising Authoritarianism.



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 **Create** community spaces that prioritize care, shared power & **safety** for all.

 **Protect** targeted people in everyday spaces.

 **Redirect money** from corporations to community needs.

 **Speak up. Use your privilege** to interrupt harm.

 **Support** mutual-aid & community projects.

 **Reach out** to one safe person instead of holding it alone.

 **Journal**, voice note, draw, or think things through without judgment.

 **Step away** before fear consumes you.

 **Build grounding rituals:** sound, touch, movement, naming objects around you, music, or steady breathing, if it's supportive.

 **Limit doomscrolling:** Carefully pick trusted sources.

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MIND CARE

SMALL ACTS OF RESISTANCE.

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SUPPORTING DISABLED HUMANS.

SELF-COMPASSION.

 **Check-in regularly** & ask what support would be most helpful.

 **Offer practical help:** groceries, rides, virtual support.

 **Respect access needs** without making people over explain themselves.

 **Center & prioritize** disabled voices in community efforts.

 **Protect community health** by masking.

 **Notice** when you're exhausted & allow yourself to rest.

 **Take small breaks**, even 5 minutes counts.

 **Validate your feelings**, anger, grief, & fear, **ALL** belong.

 **Celebrate** small wins & moments of joy.

 **Speak** to yourself with the same care you give others.

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