

Actions and Self Care
Making Waves for Democracy Meeting
March 29, 2026
Xiomara Flores-Holguin

Where are you putting your time, energy, and money?

Xiomara asked the group where they were putting their time, energy, and money, and to share in the chat.

Here are a few activities that our members shared:

- Started a monthly comedy show to share resources and build community (comedy4nicepeople.net)
- Supporting organizations aligned with political values or personal values through time or donations.
- Calling Wisconsin for the Superior Court election.
- Volunteering to canvass and have deep conversations with voters in critical districts.
- Building a Coalition of Community Defense Networks in the SFV for ICE Out
- Canvassed in Lancaster to help flip the Lancaster City Council Blue!
- Donated to Congressional and Senate Candidates, including Candidate Paul Thompson for LA Superior Court Judge.
- Native plant gardening on the blvd. and meeting more neighbors and being more open with them

Self-Care:

At our meetings, we will focus on and share our own "self-care " activities to keep us physically and emotionally healthy, to ensure that we continue our critical and important activist work. We cannot allow the noise to interfere with our well-being.

Xiomara asked the group to share "Self-Care" Activities in the chat.
Here are a few "Selfcare" actions that our members shared:

- Exercised (walking, tai chi, yoga) and went on dog walks
- Made a concerted effort not to look at the phone for the first 30 minutes and use that time to drink water, get sunlight, and stand on the earth in bare feet,
- Read about the Civil Rights Movement, walking on the beach, and hiking
- Hanged bird feeders and native landscaping
- Practiced Gratitude
- Performed Acts of Kindness
- Find a Buddy to practice "self-care" activities

We look forward to hearing more from you about your "self-care" activities and learning what you're doing when we're not canvassing or meeting together!

Thank you/Muchas gracias.

Warmly,
Xiomara

