

Self-Care and Resilience
Making Waves for Democracy Meeting
April 19,2026
Dr. Jeanne Miranda

Dr. Jeanne Miranda led discussion on maintaining mental health during sustained political activism.

- **Details**

- Cited research showing political environment negatively affecting mental health
- Listed maladaptive coping mechanisms: denial (short-term okay, long-term harmful), substance use, disengagement/withdrawal
- Recommended adaptive strategies: emotional regulation through pleasurable activities, learning new skills, engaging with like-minded people, explicit communication about needs, cognitive reframing
- Shared personal examples - Great British Bake Off for mood improvement, cooking challenging recipes, telling partner specifically what support needed
- Emphasized importance of self-compassion and recognizing "good enough" parenting/activism
- Shared coping strategies in chat including meditation, swimming, yoga, tai chi, gardening, cooking, nature walks, Turner Classic Movies, concerts, museums, time with friends/pets, podcasts, Zumba

- **Conclusion**

- Self-care is essential, not selfish - necessary to sustain activism
- Taking action through political engagement itself helps mental health
- Community connection through groups like Making Waves provides crucial support

