

SELF CARE/UPCOMING ACTIONS

Marley Powell

Making Waves for Democracy February 1, 2026 Meeting

We don't have to sacrifice ourselves to prove our commitment. Sustainable movements are built by people who take care of each other. We wanted to start the first self care of the year by saying that we know that each day is bringing us distressing news about the cruelty and corruption of our government. For us to truly resist, we must take care of ourselves. Science has found ways to improve our happiness, and we will be sharing tips each meeting.

Happiness is important for many reasons, but a surprising one is that happiness makes us function better. For years, we thought when people were in positions where things function well, they were happy. It turns out that when people are happy, they function better - are more creative and productive. We all deserve to be happy. Our first tip is to prioritize social connections. The U.S. is experiencing an epidemic of loneliness. Loneliness is as bad for our health as smoking! Spending time with social connections improves our health, our brain functioning, and our happiness.

You could reach out to someone you either have lost connection with or have wished to have a connection with in the future. This group is a great example of joining a community to try and sustain our beliefs and connect with others who agree.

Volunteer work like canvassing and connecting directly with people are another great way

Those kinds of social connections may improve your happiness and your health. ALSO STAYING ACTIVE WHILE NURTURING YOUR MIND IS IMPORTANT

MOCA Geffen Contemporary- Monuments exhibit through May 3rd is a great experience and incredible artistic statement that is worth seeing and is in our area.

<https://www.moca.org/exhibition/monuments>

There are [Talking Tours](#) take place every Saturday and Sunday at 11:30am and 2pm. If you're not at this meeting, go on a Sunday to the walking tour of exhibit it's fascinating

Spending time reading is one of my favorite methods to bring myself more level. A recent recommendation I can offer is a book of poetry by Natalie Diaz called When my Brother was an Aztec

ACTIONS

Derek Tran

After redistricting, with a safe CA25, we are shifting focus to CA45.

Palmdale is about sixty miles from Santa Monica and so many of you drove there and back dozens of times. This time we are asking you to drive half of that!

CA45 is not that far away

FEBRUARY 7 one in Norwalk

FEBRUARY 28 one in Stanton just a little east of Long Beach

Spend your morning canvassing and go to Long Beach afterwards for amazing food. It's my favorite restaurant cluster area in all of LA.