

Joy Is A Form of Resistance

Dos and Don'ts for Surviving the First 100 Days



A Few Ideas About What To Do....


- Take a deep breath
- Avoid reading the first take of events in the media—let things play out first
- Vet information before sharing
- Listen to your gut
- Go local
- Select 1-2 issues or projects that are important to you, where you have passion or that bring you joy
- Get creative—creativity is an anecdote to anxiety
- Learn something new (new language, new recipe, new book genre, etc.)
- Find your people...join or create a Trouble Nation Group from Red, Wine & Blue

Adapted from “Keep Calm and Listen to Heather Cox Richardson”; a *Red, Wine & Blue* Zoom Call on Inauguration Eve (Jan.19, 2025)

Let's Don't

- Doom scroll on social media
- Share unvetted information (avoid the OMG, WTF responses to something that comes across your feed)
- Repeat disinformation, misinformation or sensationalized information
- Engage with trolls
- Use AI when looking for the truth, go straight to the source
- Chase the chaos
- Try to do it all
- Go it Alone
- Let politics take your joy

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A photograph of two hands, one on the left and one on the right, holding a thin red string. The string is tied into a knot in the center, with the ends of the string extending outwards. The hands are positioned as if they are holding the string taut. The background is a plain, light-colored surface.

Don't stop doing the things you love because you are afraid; do them with joy. That is a form of resistance.

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