

a guide to post-election healing and revolt. there is
no order and some things may be missing.
sometimes these happen all at once,
sometimes these happen one at a time, and
sometimes they don't happen at all.

practice self-care and
take care of others.

organize. build community.

share. talk. listen.

grieve. mourn. cry

act. fight.

there are many ways to do this.

educate yourself.

learn the past and
learn the present.