

# SELF LOVE

in the

# Donald Trump ERA

A D.I.Y. Guide to Downtime

The year is 2017

The President: Donald Trump.



The Political climate is... Divisive.

Social media is

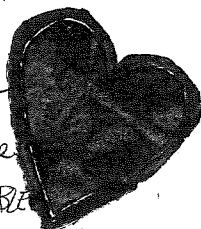
full of great ways

to #RESIST and #FIGHTBACK,

But while you're embracing activism, it's important to

## Recharge.

THIS PAMPHLET is intended to provide a few EASY, AFFORDABLE



Ways you can TAKE CARE OF YOURSELF.

ACTIVISTS

The best are those who have the

**ENERGY**

CONFIDENCE that comes




with

# RADICAL (SELF) EMPATHY

Some Basic Guidelines:

1. Take time out

EVERY DAY for yourself.  Even if it's just 30 minutes, remember to make YOURSELF a priority.

2. INDULGE.

Whatever that means for YOU! Watch a favorite movie. Read a great book. Read a magazine! Learn a new recipe. Take yourself out on a date. Make art. Learn a new dance.

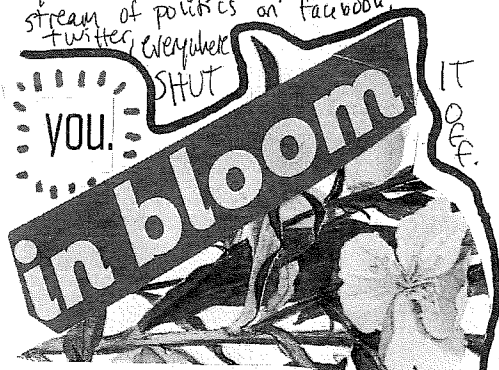
3. Relax.  
Get comfy. What activities calm you down? Take time for them.

## 4. LISTEN to your BODY.

Get to know WHAT you need, WHEN you need it. You can't help anyone ELSE if you're stretching YOURSELF too thin.

## 5. TAKE A MEDIA BREAK.

(Give yourself time AWAY from the constant stream of politics on facebook, twitter, everywhere)



## Do A D.I.Y. Face Mask

### 1. AVO (ADO) HONEY

moisture mask

~ you need ~

1/2 RIPE Avocado ♥ 2T honey ♥ 1/2 t. coconut oil

♥ Mash until creamy ♥ smear on face (avoid eyes!) & leave for 15 min.

♥ rinse clean, or remove with a damp cloth.

### 2. BRIGHTENING Strawberry

1/4 c. mashed Strawberries ♥ 2T lemon juice

♥ 1T yogurt ♥ 1T honey

mash together, but DO NOT Purée.

♥ smear on face & leave for 10 min.

♥ wipe off with a damp cloth & rinse with cool water.



Don't know where to start?  
HERE ARE SOME IDEAS...

## Bake the "WORLD'S EASIEST" GLUTEN FREE, VEGAN Cookies!

~ you need ~

- 2 c. finely ground almond flour
- 1/2 t. baking powder
- 1/3 c. maple syrup
- 2 t. vanilla extract

- ♥ Preheat oven to 350° F
  - ♥ whisk flour + baking powder
  - ♥ stir in vanilla + maple syrup
  - ♥ stir until dough forms & holds together
  - ♥ Drop rounded tablespoons of dough onto parchment paper-lined baking sheet
  - ♥ bake until edges are golden brown, about 12 minutes. Allow cookies to cool on sheet ~3 min, then move to a wire rack.
- Voila!**

## 3. Soothing oatmeal Mask

- ♥ 1/3 c. instant oatmeal ♥ 1/2 c. water
- ♥ 1T Honey ♥ 1-2T plain yogurt
- ♥ Add boiling water to oatmeal & stir until cooked ♥ Allow OATS to COOL ♥ Stir in honey + yogurt & blend until smooth ♥ smear on face & let sit for 10 minutes ♥ Rinse off!

While you wear your mask, prepare this easy D.I.Y.

## BATH SOAK

- ♥ 1 Big Scoop Epsom salts ♥ A (less) Big Scoop of coconut oil (~1/2 c.) ♥ 3-5 drops of your favorite essential oil
- SOAK!



Not sure which oil to use in your bath or diffuser? Here's a little intro guide to

## Essential Oils

Rose oil



- ♥ excellent for your skin
- ♥ thought to aid depression, anxiety and tension
- ♥ may increase libido



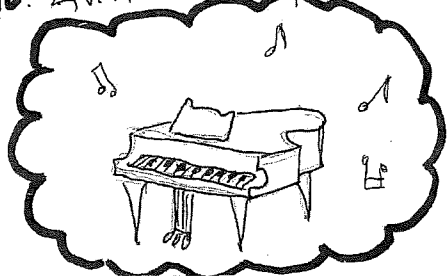
Lavender

- ♥ calming
- ♥ reduces stress
- ♥ sleep aid

Ylang-Ylang

- ♥ can increase alertness
- ♥ also known as an Aphrodisiac especially potent when combined with oils like Rose or Sandalwood

6. Sunday Piano Music - Arbour
7. Teardrop - Massive Attack
8. 6 Underground - Sneaker Pimps
9. Loomer - My Bloody Valentine
10. April 14th - Apex Twin



Need some **Music to relax to?** Here is a short playlist with some suggestions

1. The First Daffodils - Bibio
2. Living In An Abandoned Firehouse With You - The Magnetic Fields
3. In the Waiting Line - Zero 7
4. Porcelain - Hoby
5. Everything You Do Is a Balloon - Boards of Canada

If you're ready for something **UPBEAT** here's another!

1. I Wish - Shree - Lo
2. Raspberry Beret - Prince
3. Heart of Glass - Blondie
4. Modern Love - David Bowie
5. Lovefool - The Cardigans



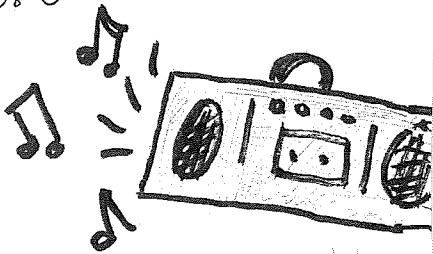
6. Step Back In Time - Kylie Minogue

7. Deceptacon - Le Tigre

8. Can't Get Enough of Your Baby - Smash Mouth

9. John Cage Bubblegum - Stereolab

10. Jackie - Scott Walker



When you're **RECHARGED** & ready to **RESIST** again, here are some resources to help you get started:

Indivisibleguide.com

- Created by former Congressional staffers; actions on a national & local level

5calls.org

- a comprehensive daily list of people to call with scripts!

Daily Action.org

Sign up for text alerts with prompts on who to call, and why



LEARN!

Wall-of-us.org

provides weekly action lists & a lovely page about what activists have achieved  
It's time to fight. weebly.com  
Like Indivisibleguide, created by a former congressional staffer & gives daily actions.

Swingleft.org & 5stepsdistrict.org

Both are working to canvass in swing districts to put more Dems in congress!

Resistance Manual.org

Extremely comprehensive guide to issues + politicians' views + records on them, and more relevant to fight back.

PPAction.org

Planned Parenthood's action page!

#RESIST #RECHARGE



#REPEAT