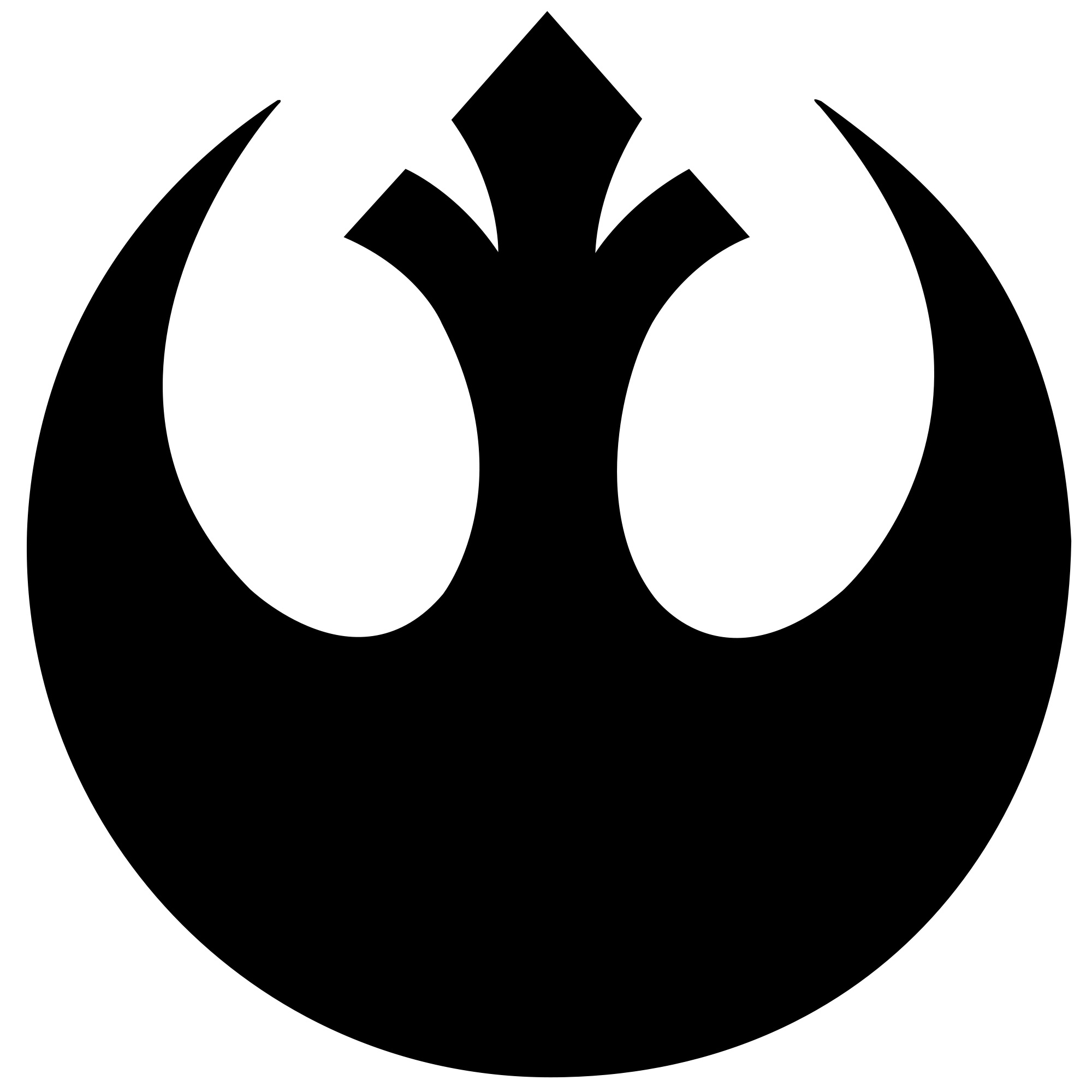
**Rules for Productivity in Terrible Times**

**1) Make peace with your job**

- It is not tenable to quit your job and fight in the streets alone.

- Orgs need your donation more than they need a Stata wizard.

- What does your job allow you to contribute? Money? Flexible schedule?



**All of our work is capable of enabling righteous acts!**

**2) Set your environment up to support you**

- Your willpower is an overdrawn bank account

- Set up automatic donations

- Set aside time for political work.

- Schedule time for actual work.

**The world will still be burning when you get back!**

**3) Self-care is a REAL NECESSITY**

- This is a marathon, not a sprint.

- Set aside time for cyclical self-care like gym, yoga, tea drinking

- Floss and brush your hair

- Regulate the flood of information

- Be in nature, grow a plant, pet a dog

- Be with your friends

**REMEMBER WHAT WE ARE FIGHTING FOR**

(source material: Eileen Webb)