

NO act of  
resistance is  
too small.  
All resistance  
is revolutionary.

When I show  
myself compassion,  
I resist all the  
ways I have  
been taught to  
judge and police  
myself.



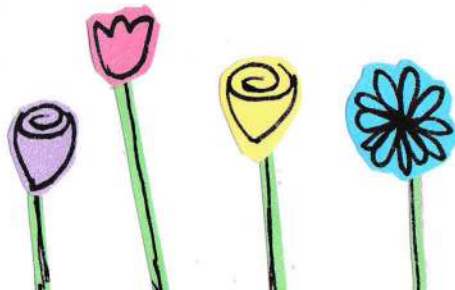
It's OK to prioritize  
rest over productivity.  
I reject the  
capitalist ideas  
around productivity  
and worth.

No more guilt!



The weight  
of the world does  
not solely rest  
on your  
shoulders.

Feeling emotionally  
exhausted now  
shows that I am  
concerned, compassion-  
ate, and humanly  
vulnerable.



Affirmations  
for  
Activists!



It's OK to  
take it one  
day at a  
time.

