

You care about this country and you're worried about it. This year, you've been afraid that the problems are too big. Here are **50 things** anyone can do to increase American strength and resilience in the face of these problems.

TAKE A PLEDGE

- 1 [Safer America.](#)
- 2 [Listen First.](#)
- 3 [Peace is Possible.](#)
- 4 [Pro-Truth Pledge](#) not to forward misinformation; or the UN-sponsored [Pledge to Pause.](#)
- 5 [Preventing Political Violence.](#)

RETHINK THE ARGUMENT

- 6 Think about politics outside of left vs. right and [see where you fit.](#)
- 7 Take More in Common's [Perception Gap Quiz](#) to measure your perception against the reality.
- 8 Recognize divisive speech using the [Dignity Index.](#)

BURST YOUR NEWS BUBBLE

- 9 Seek out good news to balance out the despair with [Fix the News.](#)
- 10 Sign up to unbiased the news with [All Sides.](#)
- 11 Sign up for [Tangle](#) to read arguments from across the political spectrum in today's news
- 12 Sign up for [The Flip Side \(\\$\).](#)

BUILD YOUR SKILLS

- 13 Earn a digital badge from the [Bridging Divides Badging & Microcredential Program.](#)
- 14 Learn how to [bridge the gap](#) as a facilitator or educator.
- 15 Have more productive arguments with the [Better Arguments Project.](#)
- 16 Talk to someone different than you or be a "book" for [The Human Library.](#)
- 17 Host a discussion in your living room with [Living Room Conversations.](#)
- 18 Help prevent hate with faith-based insights from the [Peacemaker's Toolkit.](#)
- 19 Practice the [ABCs of Constructive Dialogue](#) during the [National Day of Dialogue.](#)

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20 Address polarization in your life with the 30-day [Polarization Detox Challenge](#).

21 Get trained in bystander intervention at [Right to Be](#).

BE A DIGITAL PEACEBUILDER

22 Test your ability to differentiate between [AI-generated](#) versus [real](#) people and other [deep fakes](#).

23 Learn the [tactics of propaganda](#) so that you can avoid it.

24 Take a course in [Digital Peacebuilding 101](#) with Build Up.

THINK NATIONALLY, ACT LOCALLY

25 Host a [Common Ground Gathering](#) as an individual or organization.

26 Host a [bridging film screening and dialogue event](#) in your community.

27 Join a [More Perfect Union](#) chapter and build houses in your community.

28 Attend a [Braver Angels](#) event and make some friends across political divides.

29 Join the movement for [Truth, Racial Healing & Transformation](#).

30 [Team Up With Us](#) to build connections across differences in your community.

GET INSPIRED

31 Check out The Village Square's UNUM series and [Village Square Cast](#) for hope and wisdom.

32 Follow the [Builders](#) social media channels and newsletter.

33 Watch [Dialogue Lab: America](#) to see the power of dialogue in action.

TAKE ACTION TO BUILD A HEALTHIER COMMUNITY

34 Get off your screens. Celebrate [Screen-Free Week](#) during the first week of May.

35 [Research shows](#) the best way to build social health is to take action together. Volunteer!

36 Register to vote and sign up to be a [poll worker](#) when elections come around.

37 [Use creative tactics](#) to make a peaceful protest powerful.

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GIVE THEM SOMETHING TO TALK ABOUT

- 38 Join the movement to tell the story of [All We Share](#).
- 39 Write a letter to the editor about who is doing good work to bring people together.
- 40 Check out stories from others, and record your own at [One Small Step/Storycorps](#).

ENCOURAGE UNIFYING LEADERS

- 41 Ask your own [House representative](#) to join the [Fix Congress Caucus](#).
- 42 Call on politicians to [address polarization](#).

ARE YOU SOMEONE SPECIAL?

- 43 **You're a student** → Join [BridgeUSA](#).
- 44 **You're a veteran** → Join [Vet the Vote](#), [More Perfect Union](#).
- 45 **You're a teacher** → Connect your students with [Mismatch](#); use the [Builders High School Curriculum](#).
- 46 **You're an activist** → Learn more about [non-violent activism](#).
- 47 **You're a journalist** → Join the [Solutions Journalism Network](#).
- 48 **You're a person of faith** → Join [Interfaith America](#), [The \(Re\)union Project](#), or One America Movement's [Matthew 5:9 Fellowship](#); [support elections](#) as a faith leader.
- 49 **You're a business leader** → Join the [Leadership Now Project](#) or [Rebuild Congress Initiative](#).
- 50 **You're involved in the democracy sector** → Join the [TRUST Network](#).

Thanks to the Bridging Movement Alignment Council, Bedrock, and others for their contributions.