

# What to Do This Week of April 16, 2017

## Action Checklist for Americans of Conscience

By Jen Hofmann

23 weeks down, [81 weeks](#) to mid-term elections.

*Because of the holiday and need for rest, this week's edition is different. The usual checklist will be back next week.*

*Did someone send you here? [Sign up to receive this weekly checklist.](#)*

*Click if you have [a question](#) or [action suggestion](#).*

## Self care

**It's time to get serious about your own well-being.**

45 is not going away. The people he's given authority are not going away. As the gaslighting, mind games, and polarizing media coverage continue, my concern grows for our resistance. If you're weary, we lose a vital part of the flock. If you feel energized and resourceful, we can reclaim democracy and make it even better.

I recently asked on Twitter, "Will your current level of self care last you the next four years?" The number of negative responses was staggering. Some people laughed incredulously. Others seemed exhausted and weary. If you feel this way too, take a slow deep breath.

The theme of this week's checklist is renewal—yours (a special issue devoted to your well-being) and mine (the shorter-than-usual checklist).

### The history of self care

**Background:** I'd mistakenly thought that self care was a pithy new-age trend. Actually, the concept originates over fifty years ago during the civil rights movement, when taking care of and claiming one's own body was an act of resistance. Self-care was part of the women's movement as an expression of female sovereignty. What those brave men and women knew then serves us today: nourishing oneself allows us to keep fighting oppression. Today, when we claim authority over our well-being, we honor that heritage as Americans. Where there is injustice, self care is still an act of resistance.

**Read:** [The History of Self Care.](#)

**Complete:** Print and fill out my updated self care [worksheet](#). (This is the week's most important action.)

## Perspective

**Read:** Since last December, I have been writing articles about *ways to be* in this resistance, not just *what to do*. Make them part of this week's self care effort.

- Our immigrant roots instruct us on this chapter in America's history. ([read](#))
- We're on a long journey. Self care is fuel for our resistance. ([read](#))
- When something is destroyed, something new is being created. ([read](#))
- When resisting makes you weary, look to the skies. ([read](#))
- The importance of vision when dreams seem impossible. ([read](#))

**Listen:** Last week I was a guest on KPFK Feminist Magazine's radio program for an encouraging conversation about the resistance. The interviews starts at 30:38. [Listen in here](#).

I believe in democracy

Go to resistance school (free) and learn strategies work for the long haul.

**Click:** <https://www.resistanceschool.com/>

**Read:** [How to stand up to 45 and win](#).

## Acts of Gratitude

Thank Senators Cory Gardner (R-CO) and Mike Lee (R-UT) for defending Americans' constitutional [right to free speech](#).

**Address:** (CG) 354 Russell Senate Office Building, Washington, D.C. 20510

**Address:** (ML) 361A Russell Senate Office Building, Washington, D.C. 20510

Thank Rep. Maxine Waters for her inspiring leadership and for [speaking up for democracy](#).

**Address:** 10124 S Broadway #1, Los Angeles, CA 90003

Thank Senators Bob Corker (R-TN) and Chris Coons (D-DE) for [supporting food assistance](#) to Sudan and opposing Trump's foreign aid cuts.

**Address:** (BC) Dirksen Senate Office Building, SD-425, Washington, DC 20510

**Address:** (CC) 127A Russell Senate Office Building, Washington, D.C. 20510

## Optional actions

It really is okay to take a break. However, if you're feeling energized, here are three sites to visit for good actions:

- **Wall of Us:** [Flip Georgia blue](#) (you can help no matter where you are).
- **Tell All Your Friends:** [Focusing on Russia](#) gets 45 out sooner.
- **Loyal Opposition:** [Oppose military action](#) without Congress' approval.

## Good news

- A Stanford microbiologist [knits "resistor" hats](#) for the March for Science.
- Oregon proposes a bill to [cut its prison population](#) and reduce excessive sentencing.
- A federal judge [blocks 7 executions](#) in Arkansas.
- Facebook shuts down [over 30,000 fake accounts](#) in advance of the French elections.
- Rick Steves [donated a \\$4M apartment complex](#) to the YWCA for women and children.
- Extra good news here at this [website full of weekly celebrations](#).

## Housekeeping

- If you'd like to receive this message weekly, [sign up here](#).
- To see archives of past Action Checklists, [click here](#) and scroll to the bottom.
- [Become a supporter](#) (patreon) or [contribute](#) (paypal).

## Final action

If you found this checklist useful, please spread the word!

**Tweet:** The weekly checklist from @inspiredjen reminds me to #resist and take care of my activist heart. [goo.gl/LcVI0g](https://goo.gl/LcVI0g)

**Email and Facebook:** This weekly checklist from Jen Hofmann doesn't just remind me to take action, but also encourages me to take care of my activist heart.

<https://goo.gl/LcVI0g>

We'll be back with a full checklist of actions next week. Please keep taking good care of yourself and get rest. We're stronger together!

Warmly,  
Jen