

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.



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



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

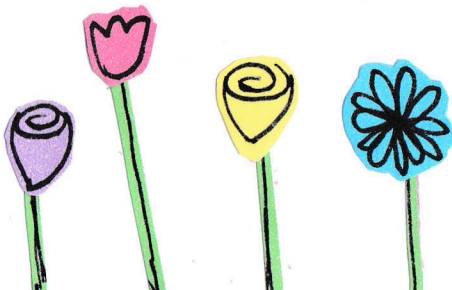


No more guilt!

Affirmations
for
ACTIVISTS!



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



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

