How do we manage our emotions during highly charged discussions? Authentic emotions are an important part of your humanity and essential to dialogue and growth.

<table>
<thead>
<tr>
<th>Identify what you are feeling</th>
<th>Empathize with yourself in order to empathize with others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take a break if you need (do some deep breathing or get a cold glass of water)</td>
<td>Listen actively</td>
</tr>
<tr>
<td>What am I truly trying to communicate?</td>
<td>Why am I engaging in this conversation?</td>
</tr>
</tbody>
</table>
HOW DO WE SUSTAIN OURSELVES AND OUR WORK? HOW DO WE MAINTAIN HOPE?

Combat exhaustion/anger/anxiety/guilt/grief by:
- Connection to others-sharing our stories
- Finding our sense of purpose, our why
- Inspiring change
- Self care/collective care
- Rest
ACTION STEPS TO PROMOTE MENTAL HEALTH AND WELL-BEING

PROTECT

• PROTECT: sleep, nutrition, movement, avoid substances, limit social media

REFLECT

• REFLECT: daily gratitude, mindfulness activity, journaling, nature, spiritual practice

CONNECT

• CONNECT: with close family or friends, with pets, with community, activism and volunteering
MENTAL HEALTH CHECK IN

- HOW AM I FEELING TODAY?
- WHAT’S BEEN WORRYING ME LATELY?
- AM I GETTING ENOUGH FOOD, MOVEMENT, AND SLEEP?
- WHAT AM I DOING TO BRING MYSELF JOY?
- WHO DO I HAVE IN MY CORNER?
GOALS CAN BE REALLY USEFUL BECAUSE THEY ARE CONCRETE AND FUTURE FOCUSED, HELP US CHANGE OUR BEHAVIORS. BUT THEY ALSO FOCUS US ON WHAT WE DON’T HAVE AND TAKE US OUT OF THE PRESENT.

SETTING INTENTIONS CAN SOMETIMES GIVE US THE WHY. INTENTIONS ARE IN THE MOMENT, THEY ARE ALREADY WITHIN US, WE JUST HAVE TO TAP IN AND LISTEN.

INTENTIONS CAN INFORM OUR GOALS AND MAKE THEM MORE POSSIBLE TO ACHIEVE.

INTENTIONS CAN GROUND US, GIVE US ROOTS, EMPOWER US AND HELP US STAY MOTIVATED.