



Redefining Meaningful Action

adrienne maree brown suggests that the need for dramatic, visible action is a symptom of patriarchy

Allowing our bodies to feel the weight of our emotions without creating a story around them is how we transform our heartbreak into collective action.

—Manoj Dias

Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.

—Audre Lorde

Good Grief Network suggests:

- Feeling your feelings
- Moving and caring for your body
- Spending time in nature
- Reinvesting in parenting
- Deconstructing cultural narratives that perpetuate oppression
- Playing in the dirt and watching plants grow

Suggestions for meaningful action from *A Field Guide to Climate Anxiety: How to Keep Your Cool on a Warming Planet* by Sarah Jaquette Ray:

- Express dissatisfaction with environmentalist status quo
- Bear witness to crisis
- Enact catharsis
- Raise activist morale
- Build community
- Practice mindfulness and gratitude
- Avoid self-sabotaging habits
- Limit your use of social media
- Get enough sleep
- Focus on tasks you find fulfilling and in line with your priorities
- Say no to requests that are not aligned with your priorities
- Foster a support network
- Cultivate compassion
- Care for others
- Create better stories
- Celebrate successes

You have to act as if it were possible to radically transform the world. And you have to do it all the time.

—Angela Davis

Joanna Macy's three elements necessary for the Great Turning:

1. **Holding actions:** legal & societal efforts to slow the destruction of Earth
2. **Creating new structures,** in which the new life-sustaining civilizations can be created
3. **Changes in consciousness** reflecting our deep interconnectedness

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