

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: HOW TO STAY ENGAGED WITH DIVERSITY



Have you noticed that your drive for change is waning? This is not surprising as working towards big goals can often feel overwhelming and tiring but check out these tips to help!

As the days and weeks pass you may notice a dip in your energy and efforts towards diversity and change. This is not surprising as you may have started off sprinting towards the goal of equality by investing a lot of your time, energy and possibly even your funds towards the cause. However, this is more of a marathon than a sprint and there are ways that you can remain engaged with diversity going forward even after the 'hype' has died down.

This takes courage as many people may move on from this moment in time pleased with their efforts, not realising that diversity and systemic change requires prolonged effort. You will have to continue pushing for equality when it may no longer be comfortable to do so. The best way to maintain your engagement in diversity is to incorporate it into your daily lives with the following tips.

Practice Compassion Today:



1. FOLLOW ACTIVISTS ON SOCIAL MEDIA. WE OFTEN SPEND AT LEAST A FEW MINUTES A DAY ON SOCIAL MEDIA. MAKE THAT TIME COUNT AND FOLLOW ACTIVISTS SO THAT YOU CAN KEEP UP TO DATE WITH ACTIVITIES & EVENTS THAT YOU CAN BE PART OF.
2. READ. CONTINUE TO EDUCATE YOURSELF THROUGH READING THE STORIES AND EXPERIENCES OF MARGINALISED GROUPS IN AMERICA.
3. FOLLOW AND LISTEN TO PODCASTS. PODCASTS ARE A GREAT WAY TO EDUCATE YOURSELF AND ARE A FREE RESOURCE. LISTEN TO PODCASTS BY ACTIVISTS AND THOSE FIGHTING FOR DIVERSITY AND EQUITY TO KEEP YOURSELF INFORMED.
4. ENGAGE IN CONVERSATIONS WITH OTHERS. TALKING TO OTHER PEOPLE ABOUT DIVERSITY AND EQUITY IS ALSO A GREAT WAY TO CONTINUE ENGAGING IN DIVERSITY. THESE CONVERSATIONS CAN HELP ENLIGHTEN PEOPLE AS WELL AS DEEPEN YOUR UNDERSTANDING OF THESE ISSUES.



Parent Practice Tip:

Include your children in these activities and have conversations with them to help them maintain their engagement in diversity as well. Remember children mirror what they see around them.

To Learn More:

What is Compassion?

Books, Films and Podcasts About Racism

www.ChooseLoveToThrive.org