

Oh shit. What now?

A choose-your-own-adventure map to help you get a grip and resist without taking on too much.



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Introduction

Oh hi there!

Are you a parent or educator who is having all kinds of FEELS right now because it seems like you or the people you care about are newly in danger under our current system? Do you feel like gosh, it would be nice if someone could just hold my hand and walk me through what I'm supposed to do here?

No worries! We got you.

Are you a parent or educator?

Yes

No

Are you feeling a sense of **URGENCY** because you've recently realized you or the people you care about are in danger under our current system?

Yes

No

This flowchart might not be for you. But feel free to join us anyway!

I don't even know how I feel

That's normal!

This might still help, so let's try it out.

How do you feel about this?

Jot down three words that pop into your head or pick from the list below

scared, furious, stressed, energized, depressed, anxious, frozen, confused, resentful, focused, distracted, numb, angry, sad, irritable, vigilant, annoyed, disgusted, grieving, surprised, accepting, terrified, lonely

Before you leap in, let's self-regulate so we don't make things worse

Let's accept the reality that we may not be as safe as we felt before.

Process your grief that the world is not how you thought it was.

(Not sure how to process? Try talking, writing, interpretive dance?)

Continue to the Self-Regulation Buffet (page 2)



Self-Regulation Buffet

Pick one item within your capacity. This is to help you get your marbles collected.
Don't focus on making change just yet.

What is your first gut response?
(Have more than one feeling? Pick one to start!)



Flee to Safety!

Do you feel like you want to:

- Look for a way out
- Cut people out of your life
- Threaten to move to Canada
- Research schematics for underground bunkers

Try one of these instead

- Make a checklist of what you need to feel safe
- Have a conversation with a loved one about what your emergency backup plan would look like
- Burn off nervous energy with a 5- minute walk



Throw Hands & Fight Back!

Do you feel like you want to:

- Write fuming letters to the editor
- Argue with strangers on the internet
- Consider ways to overthrow the government
- Complain about people who don't care
- Remove your earrings in a menacing way

Try one of these instead

- Attend a protest
- Sign a petition
- Google to see that there are organizations fighting for an issue you care about
- Call a friend who is happy to listen to you rant
- Recognize feelings of personal responsibility—what and who do you feel responsible for, and why is it so threatening to have these at risk?
- Give your body the fight it needs with some hard exercise to angry music



Appease for Survival

Do you feel like you want to:

- Keep the peace & keep your head down
- Stock your pantry
- Stress-cleaning: Excessive tidying & redecorating, gardening, improving your personal environment
- Pull your loved ones in closer
- Get in the good graces of authority
- Comply in advance

Try one of these instead

- Check in with people who are directly impacted
- Make a list of people who will still support and care for you, even if you speak up or rock the boat
- Talk or write about what you are afraid will happen if you speak up
- Make a list of the people you feel responsible for



Block Everything Out

Do you feel like you want to:

- Feel overwhelmed, paralyzed, shut-down
- Go full dead possum / bed rotting
- Tell yourself things will work themselves out
- Clamp your hands over your ears and shout "La la LA LA"
- Pretend everything is fine even though you know things are definitely NOT fine
- Doom scroll, obsessively check the news
- Ruminates & vent with friends in conversations that don't go anywhere
- Binge watch shows
- Excessive research as procrastination
- Start a brand new, white-led racial justice club

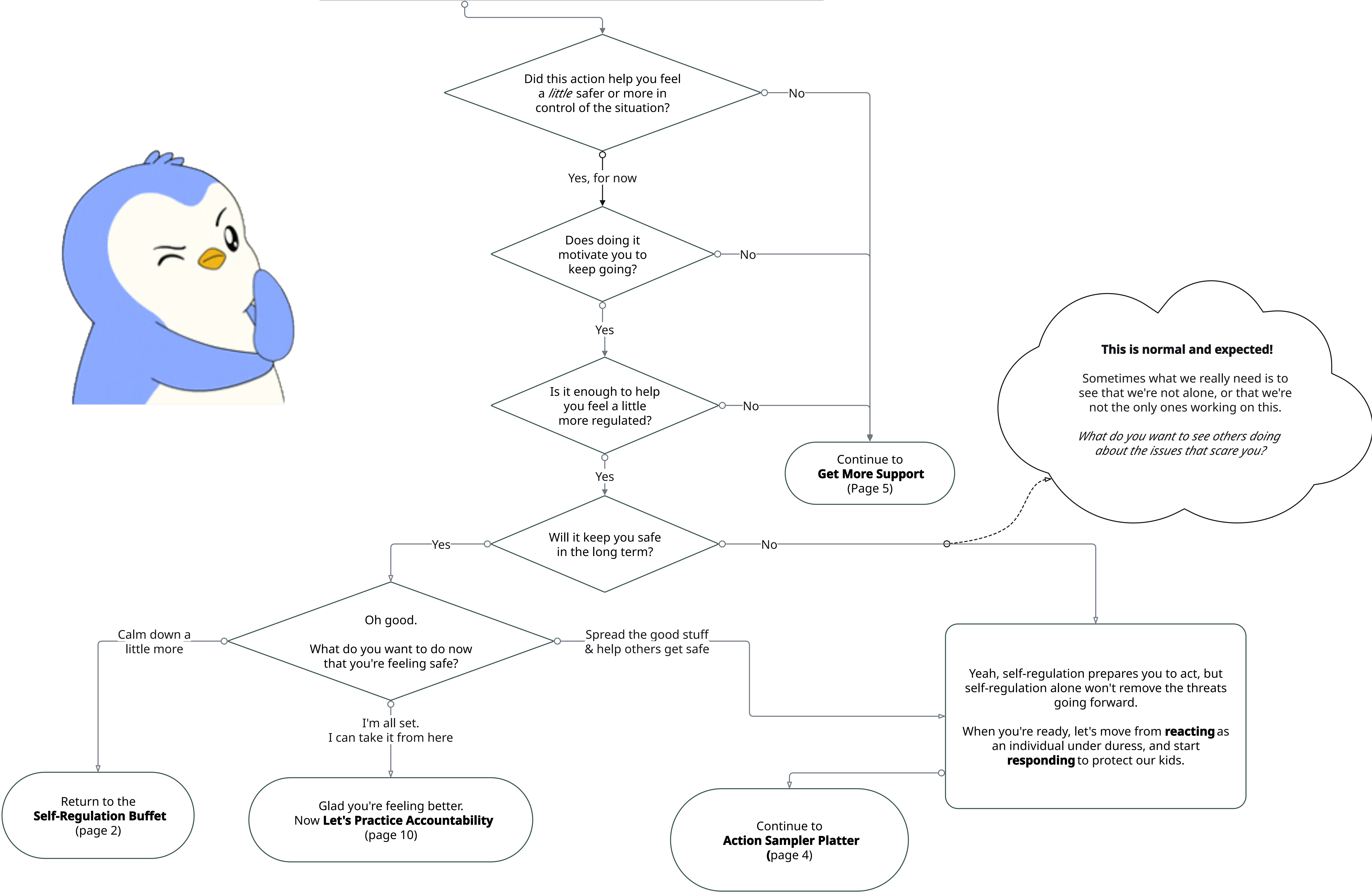
Try one of these instead

- Reduce inputs: block your feed, browser blockers, email pause
- Schedule 15 minutes per day/week to intentionally update yourself on current events, and then shut off your device
- Discuss a book, article, or podcast about the thing that scares you with a friend
- Practice a hobby you are good at
- Write about a time when you overcame adversity, crisis, or something super difficult
- Go outside and touch a plant
- Talk or write about guilt over not realizing dangers sooner

Continue to your **Self-Check-In**
(page 3)

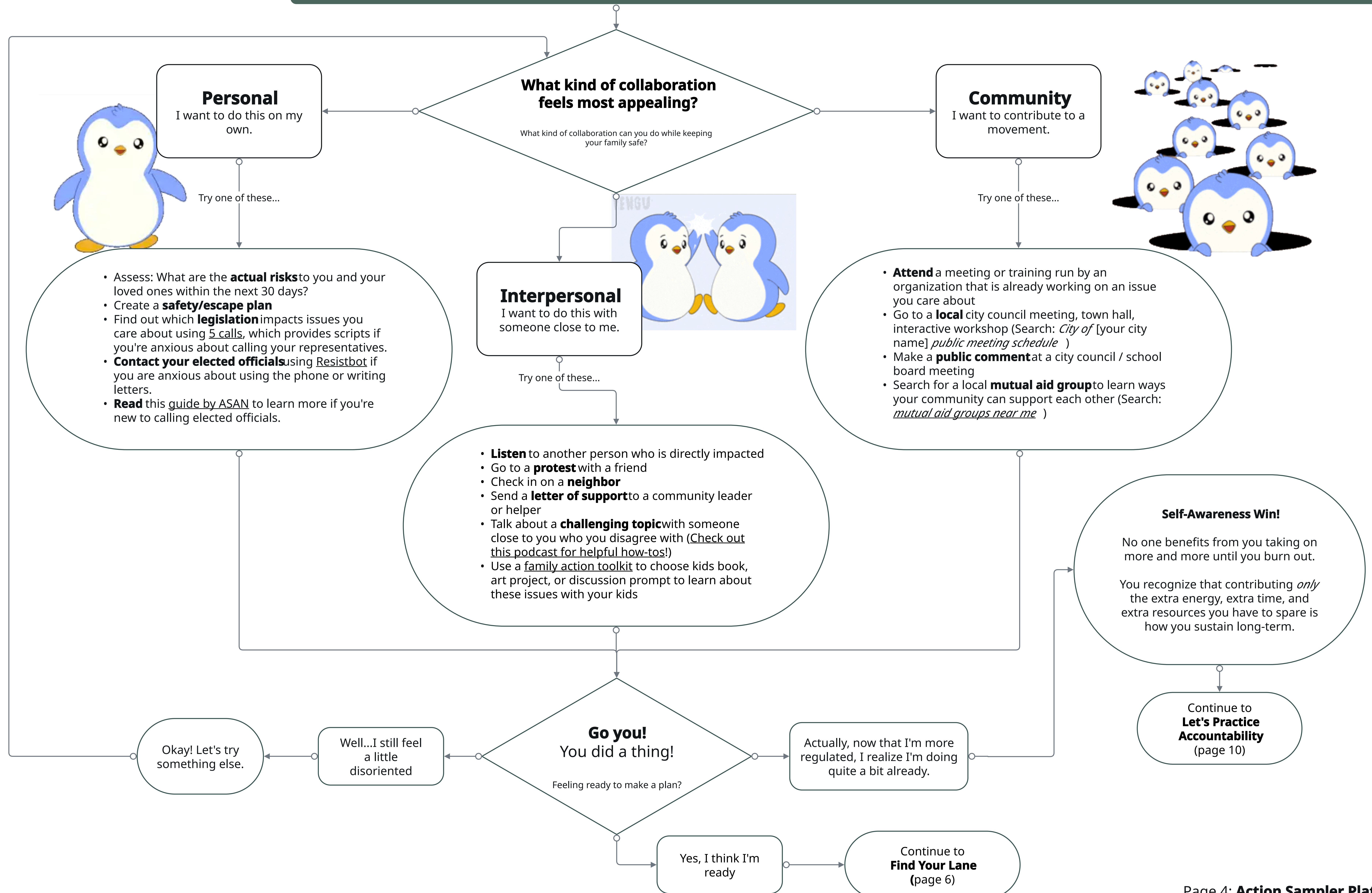
Self Check-In

Quick assessment to tell whether you're ready to move forward with some clarity — or about to bumble forward and mess things up for everybody.



Action Sampler Platter

Let's try taking one small, experimental action to test how it feels to reclaim your agency.
Choose **one** bite-sized action to try from this non-comprehensive starter kit, based on your personal level of risk tolerance and capacity



Get more support

You're feeling unsafe, unmotivated, and the self-regulation strategies you've tried so far aren't helping. That's normal - let's figure out this next step together.

Oh Shit. What Now? A starter map for scared parents learning how to resist threats to our communities

Great self-awareness!

You seem like a smart cookie
(Feeling burned out? Let's deal with those crispy edges.)

Not really sure how you're feeling?

Assess your toasted-level on this this **Stress Continuum** chart from the **Raising Luminaries Burnout Recovery Workbook**



Would you like to try something else to self-regulate?

Yes, I think I need a little more time to get a grip

Return to the **Self-Regulation Buffet**
(page 2)

No. I am in serious crisis and need outside help

Okay, you need more support.

Maybe one of these could help?

Maybe, but I think what I really need is to make an impact

We hear you.

If you're willing to try another method before jumping into action, self-regulating will help you help others without hurting those you care about.

Return to the **Self-Regulation Buffet**
(page 2)

- [Podcast: Come Back to Care](#) for bite-sized parenting strategies to support both kids and you.
- [InclusiveTherapists.com](#) to find a therapist who can support identities and/or issues important to you.
- [Ignition Calls](#) - Get focused support to talk through parenting and advocacy challenges that have you feeling stuck.
- [Winter Incubator](#) - Small group workshop to support parents and educators who feel out of place in traditional parenting spaces.
- [Summer Luminator](#) - Small group workshop to make your caregiver burnout a thing of the past.
- [Liberation Line](#) provides free mental health support calls to organizers and activists, offering support, listening, resources, processing, debriefing or strategizing. These are confidential, non-crisis, non-therapy phone calls facilitated by a trusted volunteer with experience in offering mental health support and who aligns with Palestinian and collective liberation.

We'll still be here when you're ready.

Stay in the loop by subscribing to our newsletter

Find Your Lane

While it's tempting to stay home and click & share posts on social media, community changes only happen in relationship with other people.

Luckily, there are others with experience already working on the issues you care about, eager for your help and solidarity. Let's push forward together by prioritizing relationship-building and community engagement.

If you try to do everything yourself, you're going to burn out and hurt somebody, so pick one issue to start. You can always come back and try another one later.

