

**FREE REPORT:
16 Practical Ways
To Avoid
Resistance Fatigue**

By
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“She was warned. She was given an explanation.

Nevertheless, she persisted.”

-Rallying cry of the “Resistance Movement” inspired by Sen. Elizabeth Warren’s refusal to stay silent during Jeff Sessions’ Senate confirmation hearings, Feb. 2017.

Like you, dear friends, I am deeply concerned about the future of our country. Millions of people are being adversely affected by the disastrous social and political decisions being made by a few. It feels like our nation basically has mass PTSD right now.

I am heartbroken by the millions of people who are being unjustly treated and by seeing how our governmental “safety-net” and regulatory programs are being dismantled and destroyed by the current administration. These policies are supported by Donald Trump’s allies in Congress and even among many of his loyal supporters, who can close their eyes to just about anything if they can still be guaranteed to get their tax cuts. But I believe there is no place in America for racism, fascism, militarism, misogyny, discrimination, homophobia, xenophobia, sexism, religious intolerance or hatred. Those of us with consciousness and a conscience have no rational choice, but to actively resist this insanity and oppression.

Nevertheless, we ALL must persist if we are to see real changes being made.

The “silver lining” in all this is record numbers of people are waking up and giving attention to things that they never gave much, if *any* attention to, before.

Writer/activist Seven Bokkie said it beautifully, “45 woke a literal sleeping giant: the feminine collective. Something is happening right now where women are healing *each

other* en masse, out of their own heartache and healing and reclaimed power. It's the most profoundly spiritual, intrinsically generous, and nurturing feminine thing I've ever experienced. May none of us ever again feel alone, because we're not."

Let's all give thanks that Trump is providing the perfect catalyst for these changes, albeit ones he never intended and for the Great Awakening which is occurring all over the country!

WE ARE ALL ONE

Since we are having to endlessly protect and defend ourselves and others from so much oppression now under the current political regime, without our realizing it, it can take a heavy toll on our bodies, minds and spirits. There is a price to be paid for resisting those who abuse their power and oppress others – we expose ourselves to enormous levels of anxiety, frustration and stress. Recently I read an article that suggested the administration's barrage of bad executive orders is a way of giving us "protest fatigue" so we will literally lose our will to continue the fight in the face of the onslaught of negative action.

According to a survey recently released by the American Psychological Association, for the first time in 10 years Americans report feeling more stressed. Of the people polled, 57% said they were stressed about the current political climate and about the future of our nation. Sustained stress can increase the risk of serious health problems over a long period of time, including obesity, depression and heart conditions. Stress is responsible, directly or indirectly, for over 80% of doctor visits related to insomnia, anxiety and issues with your immune, nervous and digestive systems. It's important to remember that having stress present in our lives is not completely avoidable, nor is it

the real problem; it's the inability to cope in healthy ways with the stress, that is problematic.

I personally experienced a “wake-up call” myself when I recently went in for an annual check-up and my blood pressure level was uncharacteristically “through the roof.” No one had to tell me, I already knew why. I suspected it had been high since November 8th, 2016. Living a healthy lifestyle is something that I have been doing for quite a while, but I take my health even more seriously now and have upped my own self-care and stress-managing practices, considerably.

Some people believe that stress motivates them to perform better and gives them a competitive edge, but the reality is, stress actually diminishes you. Stress can be productive, but when it's constant and intense, people usually over time, become less productive and are bound to eventually encounter health issues in the long run. The truth is, you cannot exert and maintain the energy required to resist oppression consistently without practicing good daily self-care practices and without a lot of support, guidance, focus, clarity and accountability.

So if we intend to make a difference and impact the world we currently live in, then we have an obligation and a responsibility to learn how to deal with stress and to do that we need to learn how to take care of our bodies, our minds and our spirits. That's where a coach can help by providing you with empowering and supportive resources.

Here are some practical suggestions for those of us who are engaged in active, non-violent political activism and resistance. See which ones resonate with you and begin to implement them now in your daily life:

- **Keep focused on your “Big Why.”** Why are you being an activist, engaging in resistance and doing what you're doing right now? What's your intention in all

this, what's motivating you? Are you doing this for yourself, your daughters, your granddaughters, nieces, the women of the future? This is a marathon, not a sprint and your "Big Why" is what will sustain you in the long-haul. Eyes on the prize, people. Eyes on the prize!

- **Make self-care a priority.** This is the time to make your mental, emotional and spiritual health and well-being a high priority in your life. It all starts with your mindset and being aware of your level of self-care and how well you are treating yourself; including what you're eating, drinking, thinking and being.

Self-care + self-awareness = self-love

When someone asks me what's "my secret" for not looking my age (I'm almost 67 years old!) I tell them that I take really, really, really good care of myself. I drink lots of water, including lemon water and apple cider vinegar and water, daily. I meditate every single day. I don't smoke. I eat clean and healthy, no processed foods, drink wine only occasionally and when I do, rarely have more than 1 glass and I take probiotics (take care of your gut and your gut takes care of you). I walk or do yoga daily, I get enough sleep, I regularly give myself Reiki, I journal and I keep as much stress as possible, out of my life and consciously release it when I'm carrying it. I'm all about being aware of the toxicity in my environment and eliminating it, whenever and wherever possible, so I try to always use all natural products and make a lot of my own everyday products, things like laundry detergent and toothpaste.

The key to ALL of these is daily consistency. Sporadic or inconsistent self-care is

just NOT going to do it for you. It must be a daily, non-negotiable priority in your life, for you to gain the real benefits.

- **Make sure your lifestyle and diet is *extremely* healthy now.**

It's important that your food is "clean," you're eating more organic fruits and veggies for fuel and you're drinking lots of pure water. For optimum wellness, I recommend a diet that is low in carbs, moderate in protein and high in healthy fats, like coconut oil. As much as possible avoid sugar (that includes alcohol and the hidden sugar in many foods), simple carbs, gluten, dairy and processed foods. Get plenty of rest, 7-8 hours a day, consistently. The time of non-REM sleep is when our DNA gets repaired and our bodies replenish themselves. Our bodies need adequate sleep now and we won't be very effective, successful or healthy if our energy reserves are depleted and our bodies are worn out.

- **Engage in some type of physical exercise for stress release.**

Now more than ever, for your overall health and for effective stress relief, this also needs to be a part of your everyday life and done on a regular basis. You may want to consider trying yoga or qigong, both of which provide a physical outlet as they cultivate purposeful breathing and an emphasis on non-judgmental awareness, two keys to wellness. Also, having regular massages or energy work are excellent ways to relax the body, clear your energy and relieve stress.

- **Practice regular daily meditation.** To remain grounded and centered and to reduce your stress levels, I highly recommend a daily meditation practice. There are many different types of meditation, so it's important that you find one that feels right to you and make it a priority on your daily to-do list. As a coach who

works with women, I invite you to consider starting a meditation practice and learning how to take peace into each and every area of your life. If you're a busy woman and you'd like help with learning how to meditate or with making meditation an integral part of your daily life, check out my [Busy Woman's Meditation Program](#).

There are simple meditations you can do that will bring you benefits very quickly. Try this breath-work meditation that only takes about a minute to do, and please do not do this while driving.

Gently close your eyes.

Sit with your back straight and supported and your feet flat on the floor. Relax your shoulders and take a couple of big breaths, breathing in through your nose, and out through your mouth.

Now with each in-breath, silently say the word "**breathe**," and with each out-breath, silently say the word "**release**," and then repeat this as many times as you need to.

Inhale, **breathe**
and exhale, **release**.

Inhale, **breathe**
and exhale, **release**.

Keep going for a few more minutes of breathing this way.

Last one...

breathe,
and **release.**

Come back to breathing normally and when you are ready...open your eyes.

Whenever you feel you need it, just close your eyes and repeat this simple breathing meditation: Breathe, Release, Repeat even if it's just for a few breaths.

In addition to meditating, spend time each day in some form of quiet prayer and in sending love and holding compassionate space for your own pain and the pain of those who are being negatively impacted or oppressed by the policies of our current political regime. Continually hold all who are your fellow activists in protective love and ask God/Source that they may be well and safe from harm.

- **Stay connected.** Engage with those who are aligned with your ideals and united in your desire to bring about necessary positive political changes in this world. Share with and encourage others. Truly, there is strength in numbers, so to meet the need, virtual and physical **Indivisible Groups** are forming all over the country. If you are in it for the long haul, being with and sharing with others of like-mind is absolutely critical right now. Seek out and find those people to support you and keep you accountable and for whom you are a supportive and accountable person, as well.

And stay connected with yourself, too. Your feelings are valid. Own them, express them, don't hold them in. There really is nothing more clearing and releasing than having an occasional good cry when you need one. You'll feel better afterwards.

- **Give your brain a break.** Regularly take a conscious break from watching, reading or listening to news and political information and limit your exposure to the media. Periodically, stepping away from social media like Facebook, Twitter, Instagram and other media resources is absolutely necessary for your own well-being during this time. Limit your overall television viewing, too.

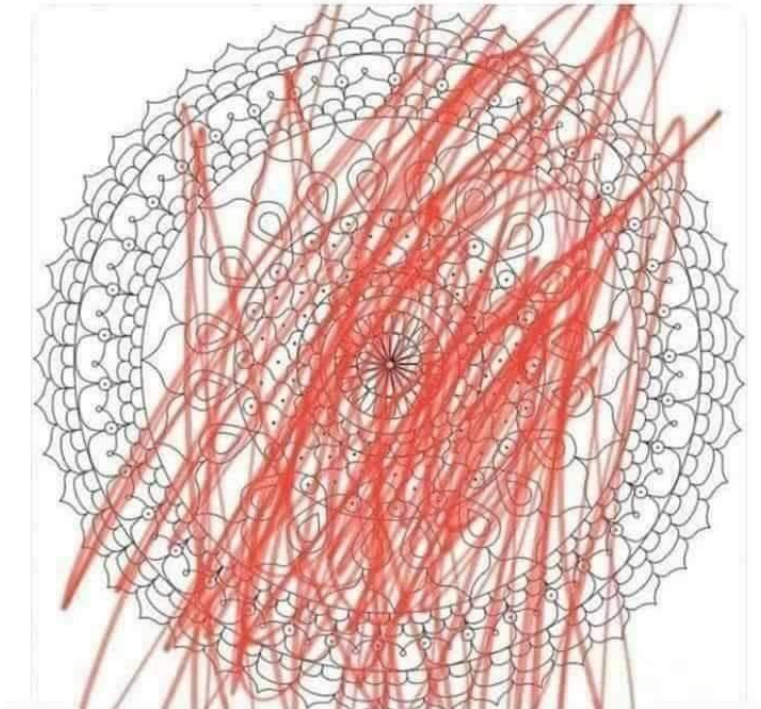
- **Be careful about what you expose yourself to.** Choose your information sources carefully, making sure they are ethical, responsible, reliable and are under some kind of editorial review. Some recommend sources are Robert Reich's "Resistance Report," CNN, especially Jake Tapper, or Rachel Maddow, Ari Melber and Joy Reid of MSNBC, "Daily Action," and "Resistance Live" with Elizabeth Cronise McLaughlin.

I also like to be aware of what conservatives are reading and hearing, too, so I can (hopefully) better understand where they are coming from and how they think. This is important because you don't want to fall into the trap of dehumanizing them or lose sight of the fact that they are people who also have the right to be passionate about their perspective and are concerned about their issues, too.

- **Relax and unwind, but be careful about what you engage in.** Distractions and having fun both have their necessary place in life, especially now, but the key is balance. Choose to use your valuable time and energy in worthwhile, uplifting, inspiring and positive activities that support and serve you, not with mindless

distractions, harmful behavior or excessive drinking or taking harmful narcotics to avoid dealing with reality. This might be a really good time to invest in and pursue some creative pursuits and express yourself that way.

I have started coloring to manage my stress and anxiety.



- **Be mindful about who you engage with.** Stop listening to all the noise that's out there and start listening to your own inner self. We need to be very selective about who and what we let into our lives. In everyday life, protests and on social media we're going to be exposed to people who oppose us and what we stand for. We are sharing what we believe to be truth, for us. When people react strongly to truth, it is usually because they are not ready to hear it. Another

possibility is their consciousness is not sufficiently high enough to receive it. We must not take this personally, as everyone is on their own path in life.

Visibility and effective communication are very necessary, but engage in respectful discussions and don't waste your valuable time or energy in arguing with people who aren't open to hearing or knowing another perspective. We must always act in integrity and come from a place of love as we hold on to the moral high ground.

This is a good time to make sure we have strong boundaries around our lives, we know when to say about something or someone, "that is enough," and are willing to remove negative, energy draining people and activities from our life. This is absolutely necessary for our own mental, emotional and spiritual health. And if you feel you need professional help to deal with all the stressful situations going on around you, don't be afraid to ask for help. The days of having a stigma around getting professional help are long past.

- **Stay informed, resist the drama and chaos and don't become distracted by every new "shiny thing."** This is not the time to "stick our heads in the proverbial sand," but to remain awake, aware and empowered with wisdom, knowledge and the truth. Do your research and know your facts well.
- **We must keep writing and calling our elected representatives.**
To call your U.S. member of Congress or Senators in D.C.: 202-224-3121 or call their direct line. For Senators, their numbers are [here](#) and a direct line to the House of Representatives is [here](#). Follow "[Daily Action](#)" or try using the simple tool [Resistbot](#) (text to 50409) that lets you turn text messages into faxes that they

send to Congress for you. Continue protesting. Relentless resistance and peaceful protest is the hallmark of a democracy and violence is NEVER an option. Neither is defeat!

- **Heal ourselves.** Each of us is a part of a vast army of workers who are being called to service at this critical time, but before we can hope to effectively heal this world, we must first heal ourselves and address issues within our own being. We need to look inside every time we are triggered by something outside. If we look closely, we all have elements of Trump in us, somewhere.

This idea of finding Trump within ourselves was shared recently in “The Guardian” by James S. Gordon, a psychiatrist and the founder and executive director of The Center for Mind-Body Medicine. He stated that, “Trump’s grand and vulgar self-absorption is inviting all of us to examine our own selfishness. His ignorance calls us to attend to our own blind spots. The fears that he stokes and the isolation he promotes goad us to be braver, more generous.”

And at the end of each day, we might all take inventory of the day and our participation in it. Without any self-judgement, we simply need to ask ourselves;

Where could I have helped more? Where could I have done better? Where could I have been wiser or more loving, healing, proactive, compassionate, positive, courageous, supportive, forgiving, gracious or just plain kinder?

- **Choose one specific area of resistance.** It can all be very overwhelming to try to deal with every oppressive act and injustice that needs to be addressed, so I have a suggestion. I think it's helpful if we choose one area of resistance to focus our attention on, rather than trying to tackle the whole of it. This will prevent us from being impulsive or reactive to situations, rather than being thoughtful and responsive. This will also help to avoid issue “burn-out” or “protest fatigue,” which is what the opposition is counting on happening with us. And frankly, it's unavoidable, if we continue in the same way we are now going and trying to keep up with and address every new injustice that pops up.

For example: if you are passionate about protecting the environment, focus your attention on issues dealing with alternative energy sources, elimination of fossil fuels, fracking or the gutting of the EPA. Maybe your area of interest is protecting women's rights, or civil rights, or the education of our children, or voter suppression, or bullying, or undermining the integrity of the free press, or grounds for impeachment proceedings, etc., the list is endless!

Pick an area close to your heart and focus your attention on that particular area. Then, make a plan and take action toward solving that challenge, daily. (Here's where following [“Daily Action”](#) could be quite helpful.) Believe me, doing that will keep you very busy, indeed!

Energy flows where attention goes. If we all focus our attention on one specific area that is important to us, and we collectively focus our energies to dealing with one major thing at a time, we'll end up covering all of the critical issues and areas without becoming battle-weary or worn out.

- **Remind yourself that you ARE a powerful creator.** The good news is that every day we are in control of and we get to choose the life we wish to have, so spend time each day working toward and envisioning the future you want to create. Stay in a place of immense gratitude for the victories, both big and small. And see the positive changes happening...because they will!



Remember to breathe and remember it's all going to be okay.

Everything will be all right in the end...if it's not all right, then it's not yet the end.

- "The Best Exotic Marigold Hotel"

Recently, I was inspired by this beautiful Facebook post written by Marilyn Yohe:

"This morning I have been pondering a nearly forgotten lesson I learned (and taught) in high school music. Sometimes in band or choir, music requires players or singers to hold a note longer than they actually can hold a note. In those cases, we were

taught to mindfully stagger when we took a breath so the sound appeared uninterrupted. Everyone got to breathe, and the music stayed strong and vibrant. Let's remember MUSIC. Take a breath. The rest of the chorus will sing. The rest of the band will play. Rejoin so others can breathe. Together, we can sustain a very long, beautiful song for a very, very long time. You don't have to do it all, but you must add your voice to the song."

- **And finally, do not give up hope or become weary.** Keep saying and vowing, "Not on my watch!" to each new outrage, each new injustice and each new oppressive act and do not allow yourself to become complacent, cynical or defeatist. They will surely have won if you do.

If each of us does our part and does what I'm recommending here, and we collectively focus our energies to dealing with one major thing at a time, I believe the effect and our impact will be so much greater and we will achieve our good and noble objectives because we will not "become weary in well-doing." That is how we will win!

Each of us stands on the shoulders of the giants who came before us. In the end, when this is all over, I believe we can all take heart in knowing that we also stood on the right side of history. Together, we can make a difference in giving a voice to the voiceless, changing the course of world events and making our community, our country, our planet, a better place to live.

In the timeless words of Maya Angelou, "Still, I rise!" We have no other choice. We must all RISE and RESIST and keep adding our voices to the song.



Thank you for joining me and so many others in this very important and worthwhile work. I see you and honor you and your commitment to making a difference in people's lives and to helping to ensure that democracy, truth and justice is maintained and preserved in this nation and ultimately one day, all over the world.



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As a life coach working with women for the past 17 years, it's Lynn's intention to make meditation simple, practical and accessible *for all women*. It's her honor to help busy women to easily incorporate meditation into their lives as part of their daily self-care and create their own solid meditation practice that supports and sustains them.

Lynn is also the author of the book, ***Awakening To The Wisdom Of Your Soul***, a memoir about her own journey of spiritually Awakening. Read an excerpt [HERE](#).

Visit [Busy Woman's Meditation](#) for a variety of resources to move you forward on your life's journey.

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