

# Rules for Productivity in Terrible Times

## 1) Make peace with your job

- It is not tenable to quit your job and fight in the streets alone.
- Orgs need your donation more than they need a Stata wizard.
- What does your job allow you to contribute? Money? Flexible schedule?

**All of our work is capable of enabling righteous acts!**

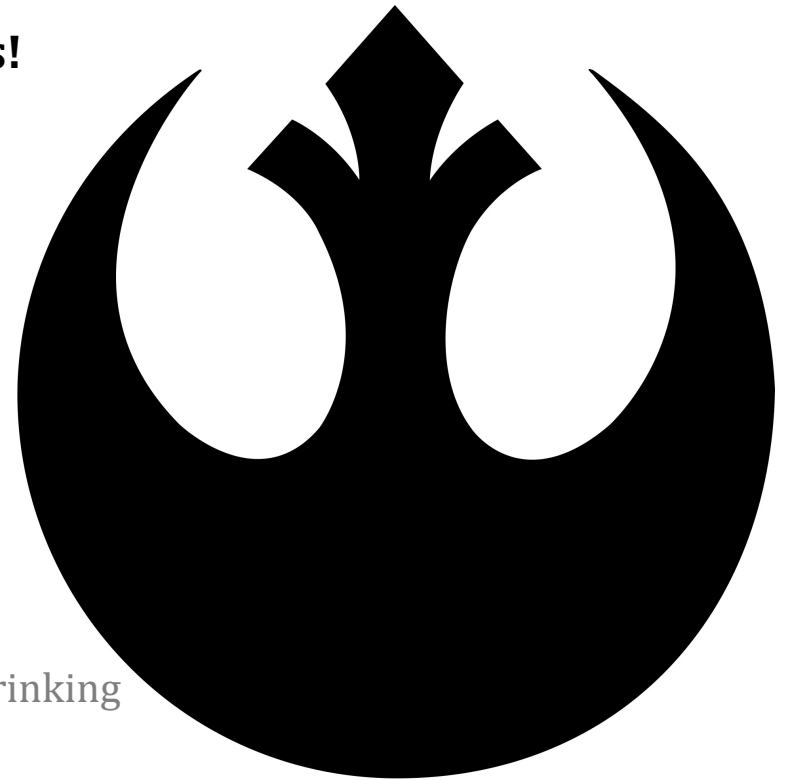
## 2) Set your environment up to support you

- Your willpower is an overdrawn bank account
- Set up automatic donations
- Set aside time for political work.
- Schedule time for actual work.

**The world will still be burning when you get back!**

## 3) Self-care is a REAL NECESSITY

- This is a marathon, not a sprint.
- Set aside time for cyclical self-care like gym, yoga, tea drinking
- Floss and brush your hair
- Regulate the flood of information
- Be in nature, grow a plant, pet a dog
- Be with your friends



**REMEMBER WHAT WE ARE FIGHTING FOR**

(source material: Eileen Webb)