

Strategies for Sustainable Advocacy and Positive Change

How to Protect against Overwhelm

Source: Jennifer Walter, a Swiss [sociologist and mental health advocate](#)

- 1) **Set boundaries:** Pick 2-3 issues you deeply care about and focus your attention there. You can't track everything. Impact comes from sustained focus, not scattered awareness.
- 2) **Use aggregators and experts:** Find trusted analysts who do the heavy lifting of synthesis. Look for those explaining patterns, not just events.
- 3) **Remember: Feeling overwhelmed is the point.** When you recognize this, you regain some power. Take breaks. Process. This is a marathon.
- 4) **Practice going slow:** Wait 48 hours before reacting to new policies. The urgent clouds the important. Initial reporting often misses context.
- 5) **Build community:** Share the cognitive load. Different people track different issues. Network intelligence beats individual overload.
- 6) **Focus is resistance.**

10 Affirmations for Activists

- 1) My voice matters in the fight for change.
- 2) Every small step I take contributes to a larger movement.
- 3) I am empowered by my passion for justice and equality.
- 4) My actions inspire others to join the cause.
- 5) I am resilient in the face of challenges and setbacks.
- 6) Together we have the power to create a better world.
- 7) I embrace learning and growing through my activism.
- 8) I am a catalyst for positive change in my community.
- 9) My commitment to the cause is a source of strength.
- 10) I believe in the power of unity to overcome obstacles.