

# Overcoming Political 'Overwhelm'

...BUT NOT GIVING UP

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# Agenda

- ▶ Where Are You?
- ▶ What's Important to you?
- ▶ How to Manage
- ▶ Taking Action
- ▶ Letting Go

# Political Overwhelm $\neq$ Life Stresses

This  
workshop is  
not this

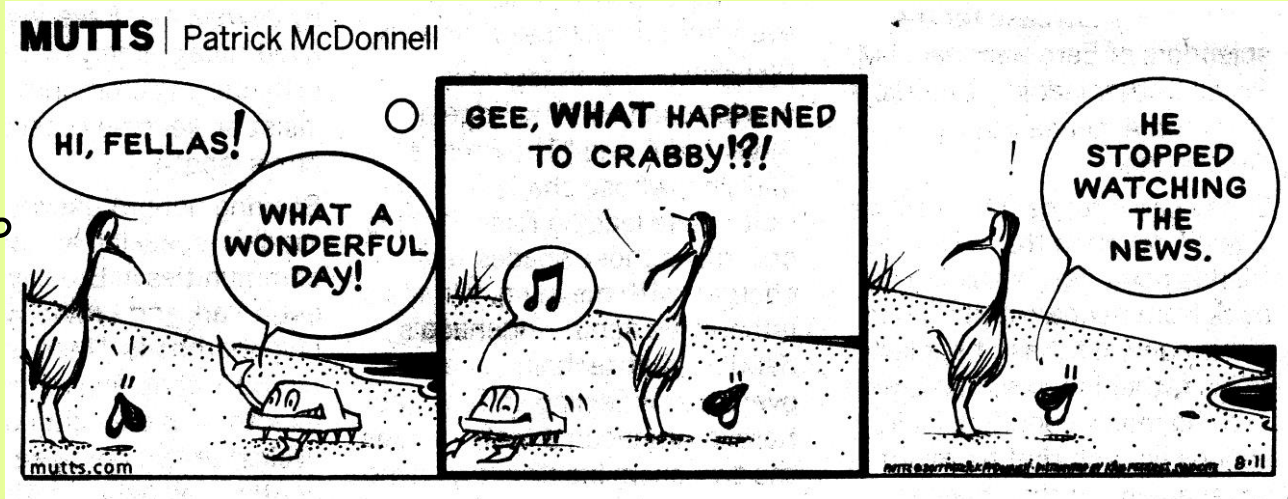


# Overwhelm = Chronic Stress

Irritability

Adverse Health Effects

Lack of Agency



Helplessness

Indecisiveness

Sleep Disturbance

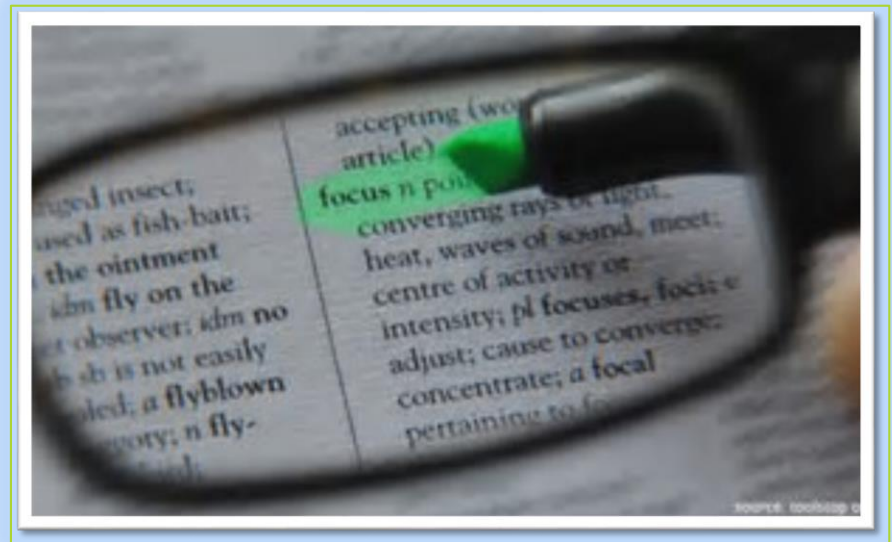
Social Withdrawal

Negative Self-Talk

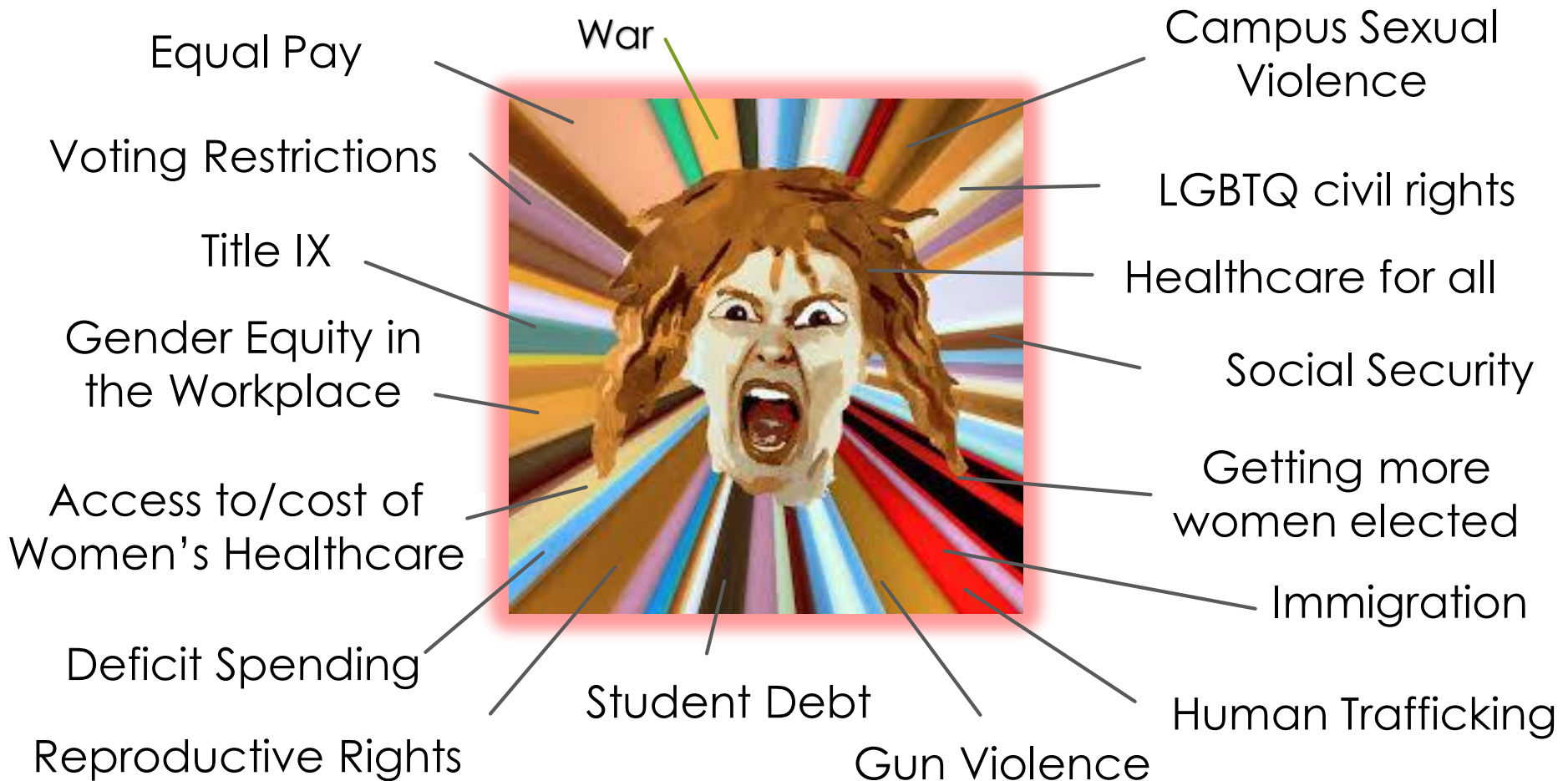
# Where are you now?



# What's Important To You?



# What's Important



# Priority Triggers

## ▶ Ask yourself:

- Is your attention drawn immediately when you see news about this?
- Do you have a personal connection to it?
- Do you 'high five' or 'fist pump' when you see progress?
- Can you build a community around it?

## ▶ Rank 1 to 6\*

\*Each item can only have one number!



# Priority Exercise

# Trust can lead to....

- ▶ Letting go
- ▶ Unburdening others



# Add Self-Care

If you get tired,  
learn to rest,  
not quit.

*@PeacefulMindPeacefulLife*



Quality,  
Not  
Quantity

**“It is not information overload  
it’s **filter failure**”**

*Clay Shirky*



# Dealing with News

- ▶ Does this relate to my top three?
- ▶ Do I already know this?
- ▶ Is this item too recent?
- ▶ Is this conjecture, opinion, or analysis?
- ▶ Your attention = \$\$\$\$ for news outlets

# Consider the News Source



Progressive

Conservative

Note: Whatever the slant, this is *too many* sources.

# Social/Anti-Social Media

- Don't read the comments
- Okay, so you read them—*don't* respond
- Watch your emotional temperature
- Identify your trigger words
- DVR the news...and use fast forward
- Online communities to provide support
- Rationing: odds and evens



“

*Successful social movements  
don't win by convincing the  
fringes, but by finding common  
denominators.*

”

Successful Non-Violent Social Movements Course,  
Harvard University



# Handling Incoming Appeals

- ▶ Sign this petition
- ▶ Send this pre-formatted letter...
- ▶ Join a group...
- ▶ Start a new organization...
- ▶ Give money...
- ▶ Contact your legislator

Act



“Action is the  
antídote to  
despaír.”

Joan Baez

# FIRST, GIVE UP GUILT

*“Self-criticism is consistently associated with less motivation....*

*It is also one of the single biggest predictors of depression....”*

“

It's more important to get started than to succeed.

”

JAMES CLEAR

“To overcome procrastination, find a way to start your task in less than two minutes....You don't even have to finish....”

# Rethink Goals

- ▶ Goals put happiness off into the future; pull rewards into the present
- ▶ Micro goals help you start; small increments add up and produce more consistent results
- ▶ Break tasks into easily achievable actions
- ▶ Don't push harder; remove more obstacles
- ▶ Environment is more important than motivation
- ▶ Set up processes and practice consistency
- ▶ Don't sacrifice the good for the perfect

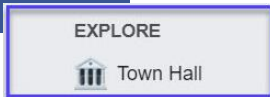
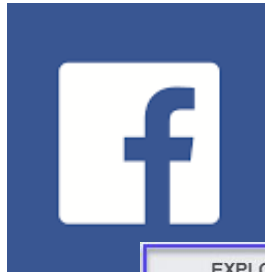
# Find Your Community

Advancing equity for women and girls through advocacy, education, philanthropy, and research.

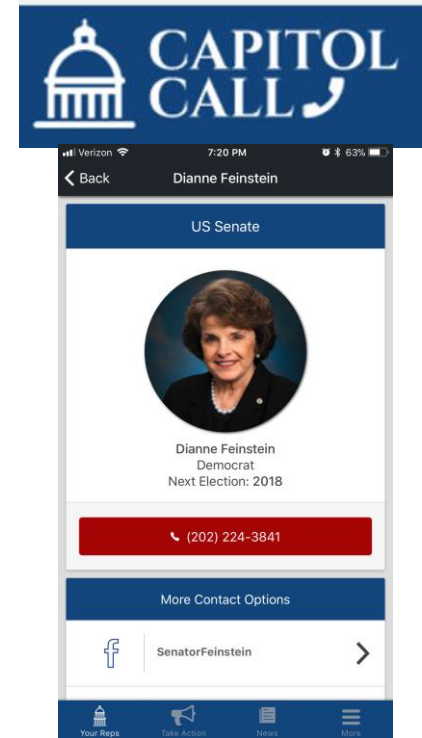


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# Leverage Technology

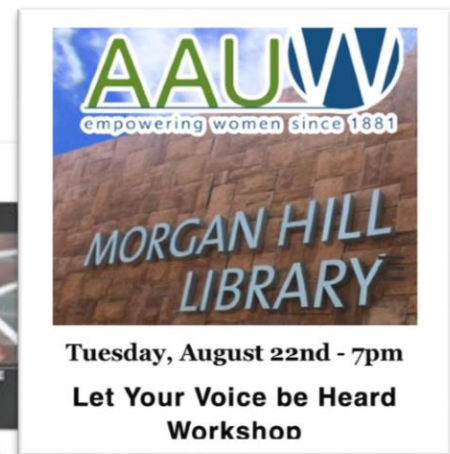


MAKE YOUR VOICE HEARD



# Act Local

- ▶ Local can action may happen more quickly
- ▶ Person-to-person contact changes attitudes
- ▶ Local progress feels more 'real'





Let Go  
For Now...



# When to Re-engage?



Calendar it...and let it go....

Thank You