



Communal Reflection on Resistance,
Responsibility, and Hope



WHEN LIFE GIVES YOU
LEMONS, MAKE
LEMONADE

MOSAIC COUNSELING AND WELLNESS
Charlene M. Jackson LPC, LCDC

Opening Reflection

We survive by staying grounded, connected, and clear. Recent events, including the arrest of Don Lemon (a renowned journalist) and other activists have shaken many of us. For some, it has reignited fear. For others, anger. For many, exhaustion.

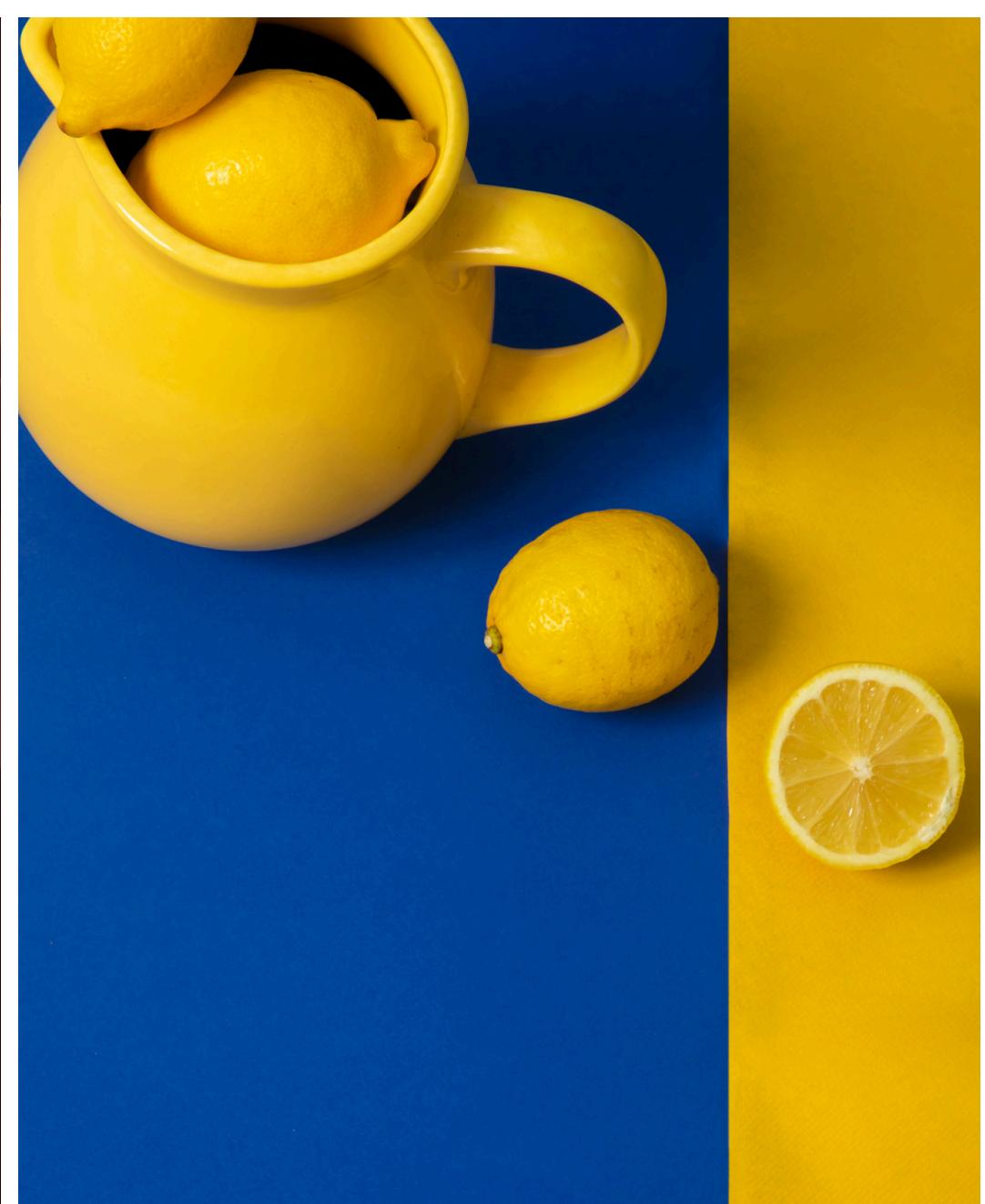
Moments like this remind us that resistance has never been comfortable, but it has always been necessary. This guide exists to inform without overwhelming, empower without endangering, and offer hope without denying reality.

What This Moment Is Really About

When voices are challenged, silenced, or punished for speaking truth, it is not just about one person: it's about collective power.

- Progress has never been handed over freely
- Change requires both courage and strategy

We honor those who put their bodies on the line, but we also remember that not everyone is called to protest in the same way. There are many lanes of resistance. There are many ways to participate in justice work. Protest is one lane. Education, voting, organizing, rest, and community care are others.





Turning Lemons Into Lemonade: Grounded Ways To Respond

Here's how we channel frustration into forward motion:

1. Stay Informed (Without Being Consumed)

Follow credible journalists, community organizers, and local advocates. Avoid doom-scrolling, clarity fuels action better than panic.

2. Know Your Rights

Understanding protest rights, voting rights, and legal protections is a form of self-defense. Knowledge keeps fear from running the show.

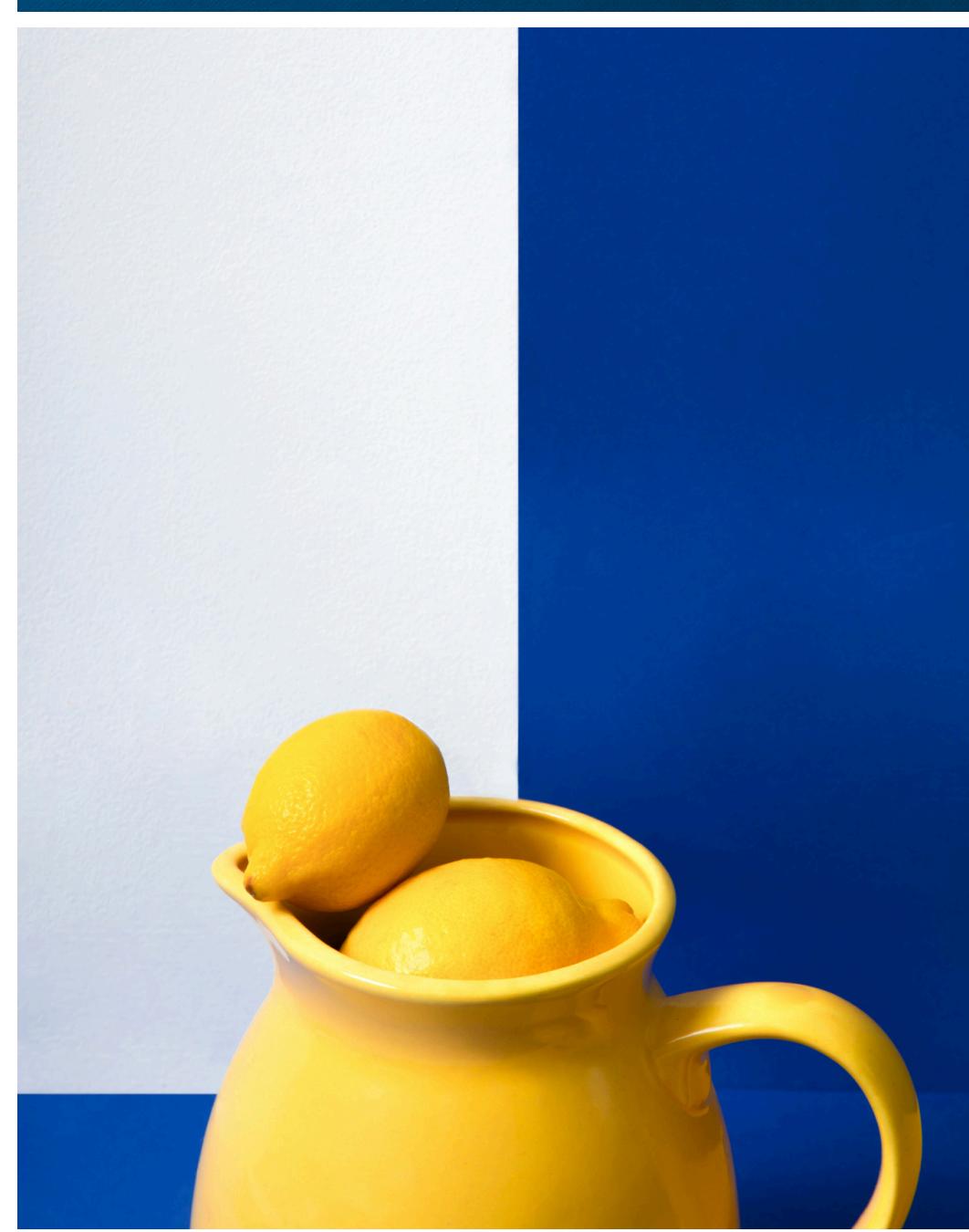
3. Protect Your Nervous System

Rest is not disengagement. Regulation is resistance. Drink water. Step away. Breathe.

4. Do What You Can, *Safely*

Not everyone protests. Some educate. Some donate. Some organize. Some vote. Some teach their children the truth. Not everyone is called to the front line.

Your role is still, *vital*.





Civic Power Still Matters: Texas Voting Dates (Save These)

Your voice does not end at social media. One of the most protected, and most challenged forms of resistance is the ballot.

2026 Texas Voting Dates

Primary Election

Feb 17-27 Early voting for Primary
Feb 20 Last day to apply to vote by mail
March 3 Primary Election Day!

Primary Runoff Election

May 18-22 Early voting for Primary Runoff
May 26 Primary Runoff Election Day!

General Election

Oct 19-30 Early voting for general
Nov 3 Election Day!

If you're unsure of your registration status, check it now. Help one person do the same. Voting isn't the only answer, but it's a critical one.





KNOW YOUR RIGHTS

During ICE Activity or Encounters

You have rights, regardless of immigration status.

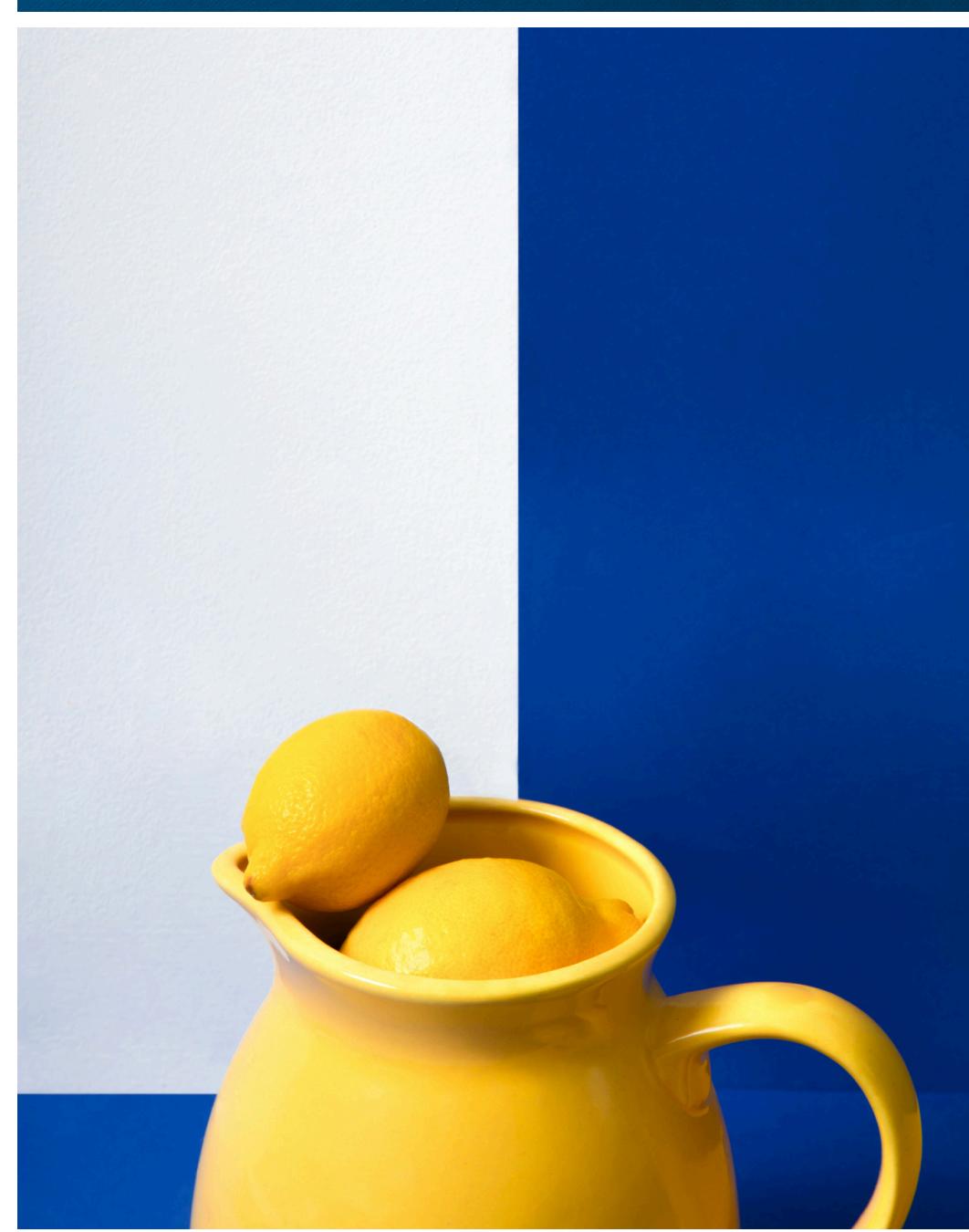
At your door:

- You do not have to open the door without a judge-signed warrant
- ICE administrative warrants do not require entry
- You may ask to see the warrant through a door or window

Your rights include

- The right to remain silent: You don't have to answer questions about where you were born or your immigration status.
- The right not to sign documents you don't understand. Signing may waive your rights.
- The right to ask for a lawyer. You can request time to contact legal support.
- The right to ask where you are being taken and the right to make a phone call if detained.

Identifying ICE: You can find ICE vehicle plates
[@www.stopice.net/platetracker/index.cgi](http://www.stopice.net/platetracker/index.cgi)





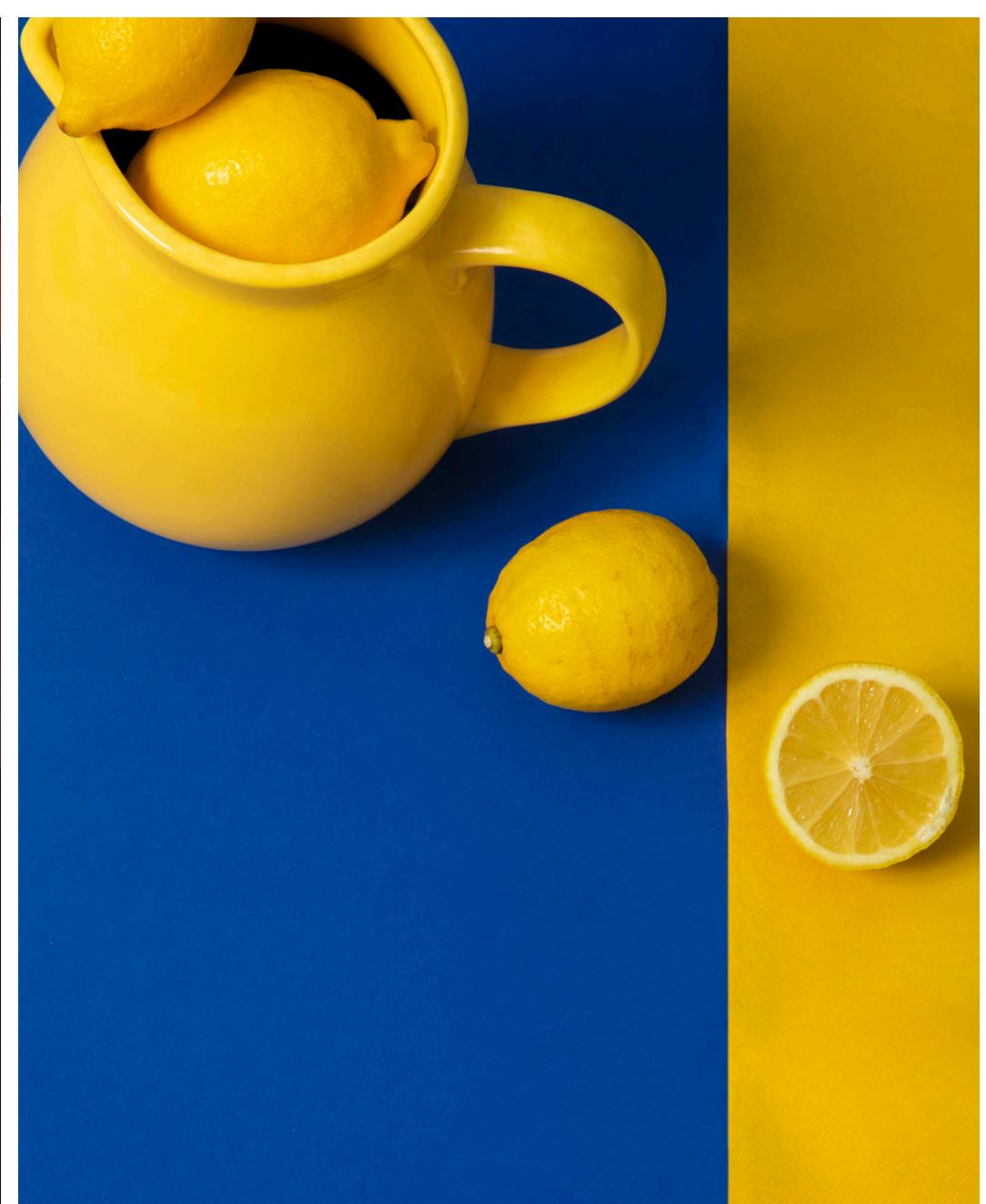
TAKE ACTION

Call Your Senator

📞 202-224-3121

Script:

“Hello, my name is **(NAME)** and I am your constituent in **(CITY, STATE)**. I’m calling to urge you to vote NO on the upcoming appropriations bill that includes additional Homeland Security funding for ICE. I don’t want my tax dollars going to harassing, attacking, and killing innocent people, including peaceful protestors and legal observers. You need to make sure that ICE doesn’t get another penny. It is out of control, and I will be watching how you vote. How you vote will determine how I vote at the polls.”





RESOURCES

Know Your Rights

- www.ilrc.org/protect
- www.aclu.org/know-your-rights/immigrants-rights/

National Immigration Legal Services Directory

- www.immigrationadvocates.org

Track ICE Raids in Your Area

- www.icemap.dev

Connection To Resources

- www.findhelp.org

Child & Family Support

- www.theyoungcenter.org/



A GENTLE REMINDER

You are allowed to:

- 1] Stay informed without being consumed.
- 2] Care about justice without sacrificing your nervous system.





PROTECTING YOUR MENTAL HEALTH

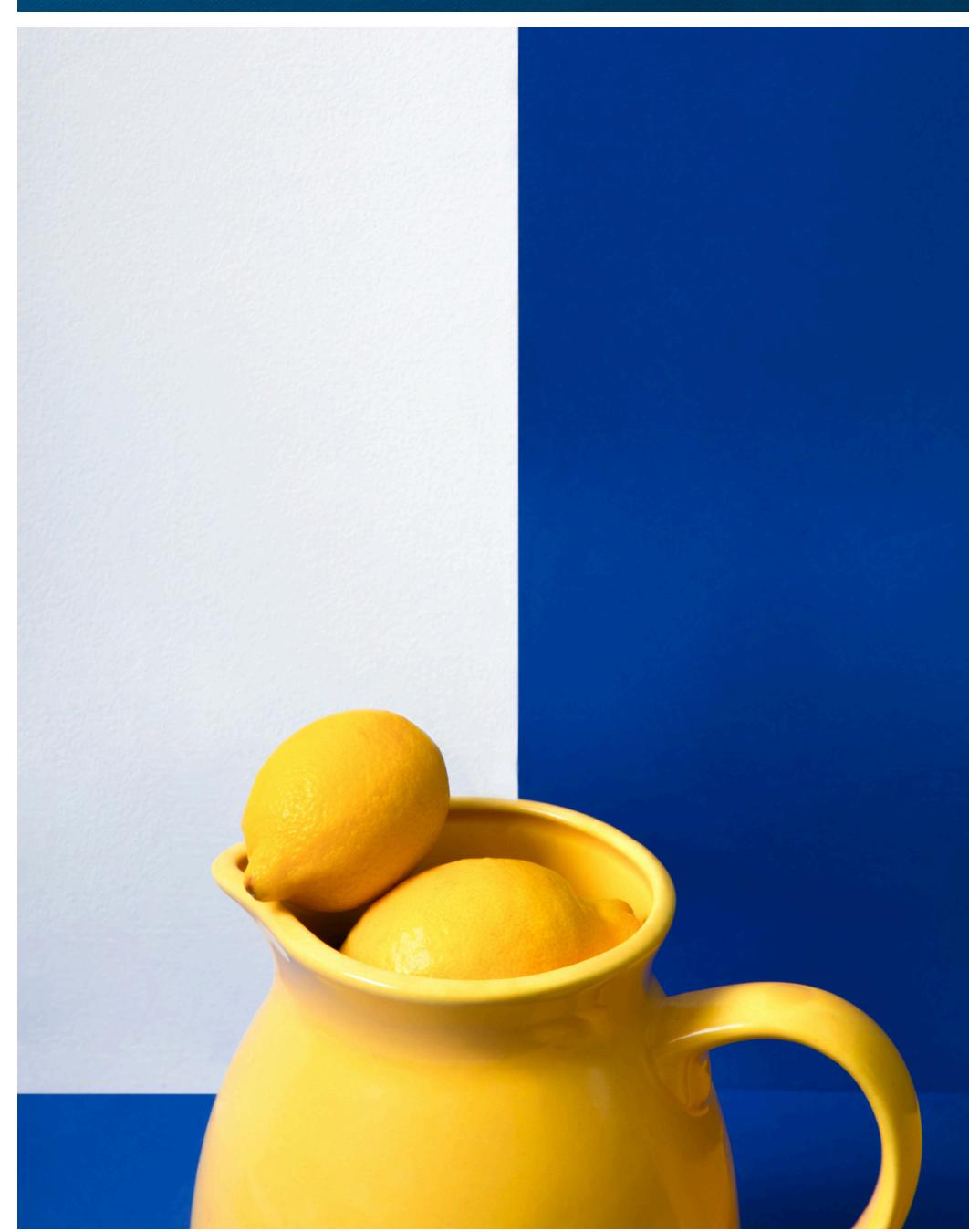
During Heightened ICE Activity

Constant exposure to immigration raids, videos, and alerts can activate chronic stress, fear, and hypervigilance because your nervous system is responding to a threat.

What helps:

- Limit how often you check alerts (set specific times)
- Mute graphic videos after getting essential information
- Stay connected to trusted people
- Ground your body before sharing or reacting
 - (feet on the floor, slow breath, orient to the room)

You are not weak for needing rest. Regulation is a form of resistance.





Guided Meditation

Lemonade Pause: Grounded in Our Roots, Remembering Our Power

Take a moment to settle in.
You can sit, stand, or lie down
however your body needs to be right now.
There is nothing you need to fix.
Nothing you need to explain.
Nothing you need to carry for anyone else.
Just be here.

Calling the Body Home

If it feels okay,
place your feet on the floor.
Notice the ground beneath you
steady... unmoving... dependable.
This ground has held generations before you.
It knows how to carry weight.
Take a slow breath in through your nose...
and let it out through your mouth.
Not forced.
Not rushed.
Again
breathe in...
and exhale like you're setting something
down.
Let your shoulders drop, even just a little.
You don't have to brace right now.



Guided Meditation (cont.)

Lemonade Pause: Grounded in Our Roots, Remembering Our Power

Remembering Where You Are

Gently bring your attention to the space around you.

Name, silently or out loud three things you can see.

Two things you can hear.

One thing you can feel in your body.

This is your nervous system learning:
I am here. I am present. I am safe enough in this moment.

You are not back there.

You are here.

Calling in Ancestral Strength

If it feels right, place a hand over your heart or your belly.

Wherever you feel your breath most clearly.

As you inhale, imagine drawing from something deeper than today from lineage... from memory... from survival... from joy... from prayer... from laughter...from music.

Not the kind of strength that burns itself out but the quiet kind that knows when to rest.

As you exhale, release what was never meant for you to carry alone. You come from people who made a way out of no way. That wisdom lives in your body.

Even now.



Guided Meditation (cont.)

Lemonade Pause: Grounded in Our Roots, Remembering Our Power

Power With Choice

Now, gently remind yourself
no forcing... just noticing what lands:
I am allowed to pause.
I don't have to explain my exhaustion.
I choose when and how I show up.
You do not owe your body constant readiness.
You do not owe your spirit constant struggle.
Your power is not in urgency.
Your power is in discernment.

Closing With Intention

Take one more full breath in...
and let it go slowly.
As you return to your day, carry this truth with
you: You are grounded. You are aware.
You are still powerful, even at rest.
Joy is not a distraction. Rest is not surrender.
These, too, are part of how we survive
and how we keep going.
When you're ready, bring your attention back
at your own pace.
We rest not because the work is done, but
because we deserve to be whole while doing
it. Pause. Breathe. Then choose your next step,
from steadiness, not fear.

Scan to
Listen



Guided by: Naima
Morris





BOOK TO READ IN TIMES OF RESISTANCE

- 1] Civil Rights Queen: Constance Baker Motley and the Struggle for Equality by Tomiko Brown-Nagin
- 2] The Declaration of Independence and the Constitution of the United States by Jon Meacham
- 3] How Fascism Works: The Politics of Us and Them by Jason Stanley
- 4] An Indigenous Peoples' History of the United States by Roxanne Dunbar Ortiz
- 5] Hope in the Dark: Untold Histories, Wild Possibilities by Rebecca Solnt
- 6] Queer History of the United States by Michael Bronski
- 7] MicroActivism by OmKari L. Williams
- 8] Abolition. Feminism. Now. By Angela Davis, Gina Dent, Erica Meiners, and Beth Richie
- 9] We Refuse: A Forced History of Black Resistance by Kellie Carter Jackson
- 10] How to Be an AntiRacist by Ibram X Kendi

- 11] Burn Down Master's House by Clay Cane
- 12] Shut it Down by Lisa Fithian
- 13] The New Jim Crow by Michelle Alexander
- 14] Be A Revolution by Ijemo Oluo
- 15] The Nonviolent Stuff'll Get You Killed by Charles E. Cobb Jr.



A Word of Hope

Oppression wants us tired, divided, and hopeless.

But history shows us this truth: Every major shift was born in moments that felt impossible. We are descendants of people who endured worse and still built joy, community, and futures.

We will not waste our lemons. We will make lemonade. Together. With care and clarity,

Charlene