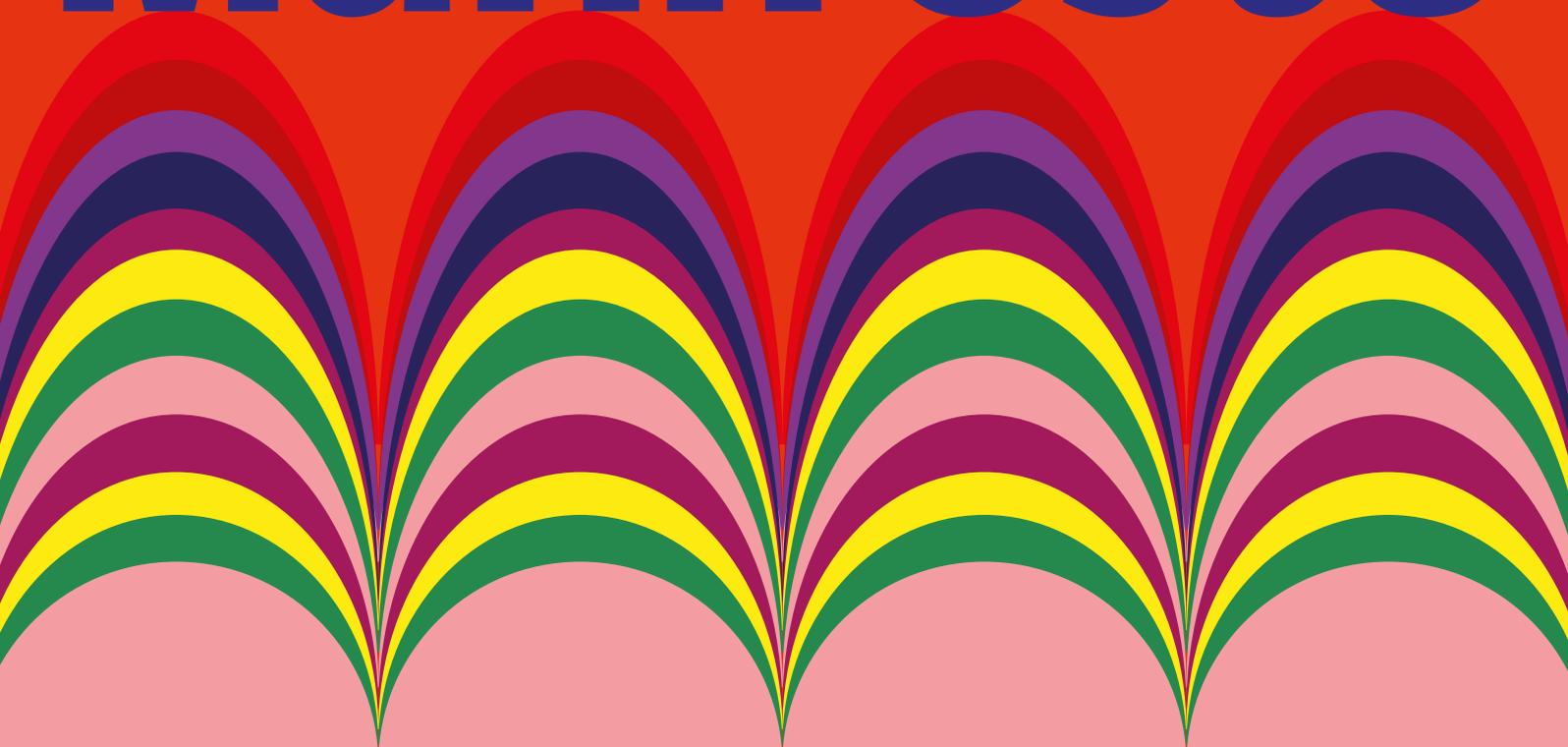


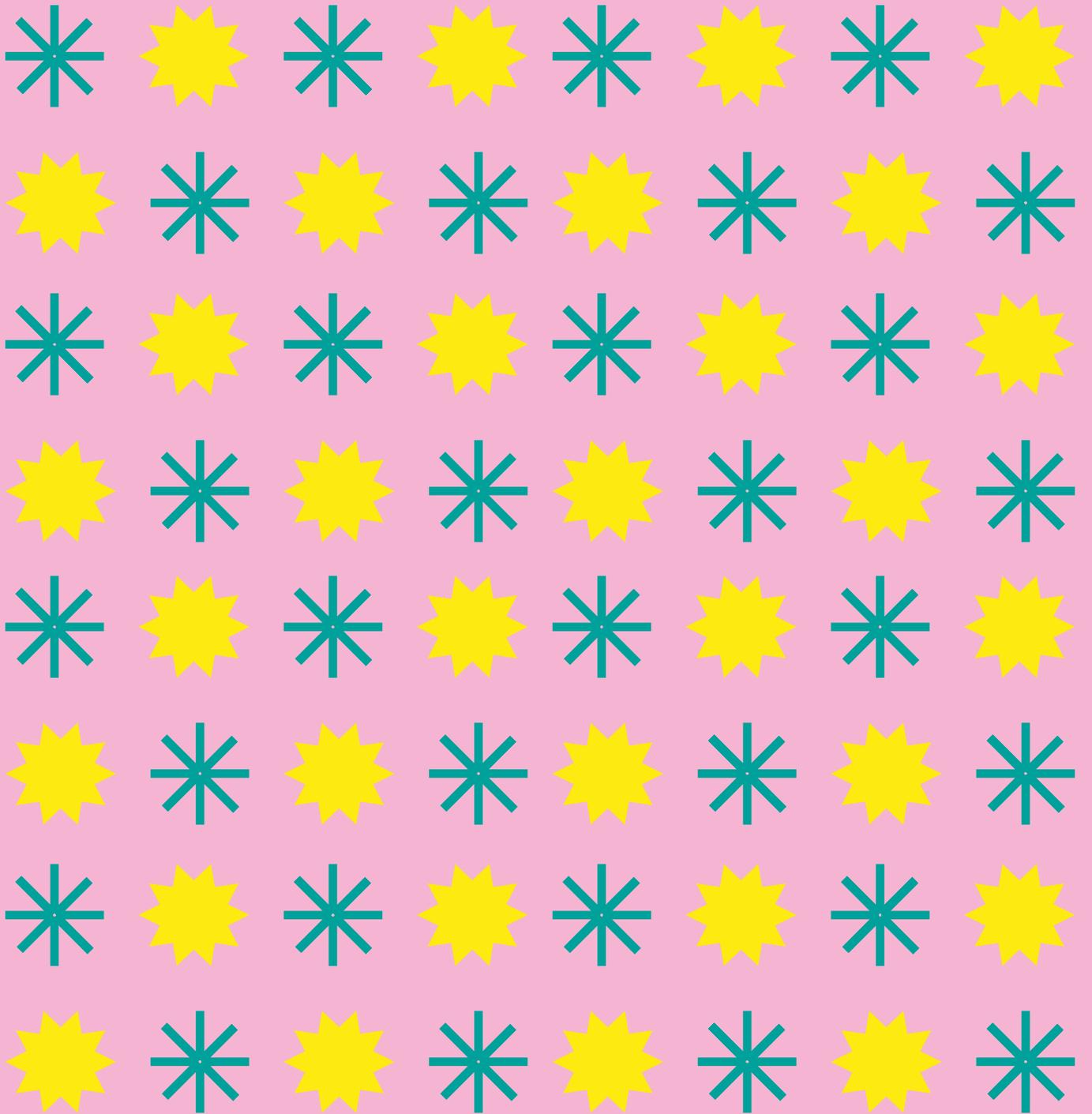
FRIDA



Happiness

Manifesto





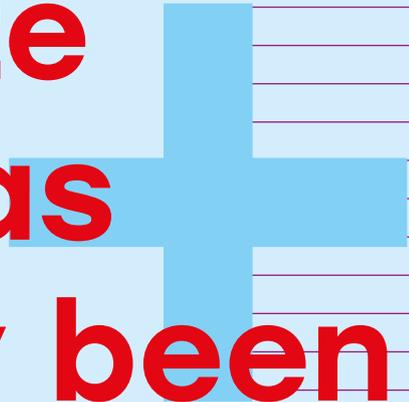
**We're feminist
activists, we're
sisters in solidarity,
we're creative.**

**We're young,
we're resilient,
we're fearless,
we're FRIDA.**

Whether we are leading online activism or organizing public actions on the streets, young feminists activists are at the forefront of the battleground, pushing for transformative change, challenging the status quo, and striving for a world free of oppression and discrimination. Therefore, for us, individual and collective self-care are political strategies of resistance that help us become more resilient, and better prepared to respond to the threats, violence, and discrimination that we often face.

We are truly passionate about our work, and we all work tirelessly. Our activism and our work keep us alive and are an inherent part of ourselves and who we are. Too often we deprioritize our well-being, physical, and mental health. We overwork, take our work to our beds, deal with daily stress and anxiety, and witness violence and discrimination. This often leads to exhaustion, mental or physical illness, burnout and a constant imbalance between our personal lives and work. Nonetheless, we believe that taking care of ourselves is in our best political and feminist interest, to take a deliberate stand in challenging the patriarchal, hierarchical, and neoliberal systems that govern us.

**We recognize
that care has
traditionally been
in the hands of
women, thus
prioritizing our
own well-being
is feminist and
political.**



Since the very foundation of FRIDA, we have strived to create an organization that is fully grounded under feminist principles, and this obviously involves healthy work practices, the prioritization of everyone's physical and mental health, and the recognition of our community's values and contributions to our mission. Over this journey of collective reflections, we found the courage to collectively build, create and consolidate a healthier organizational culture and community culture.

To realize this, the FRIDA team re-imagined the scope of self-care and collective well-being, giving importance to the practices that will keep us mentally, physically, and emotionally healthy. We created this manifesto of happiness that will accompany us along the journey. We are holding each other accountable for our individual and collective well-being. We are windows to the outside world, we must be examples to our peers. We dream together about feminist futures. We collectively are transforming the world and creating the feminist futures we have been dreaming about.

The background is a dark blue field filled with abstract, organic shapes in bright yellow, light green, and light orange. The shapes are layered and overlapping, creating a sense of depth and movement. The word "Personal" is centered in the middle of the composition.

Personal

I will use
mobile chats
for fun and
only when
needed at
reasonable
hours

I WILL PROTECT
MYSELF AND
MY BOUNDARIES
DURING MY WORK
HOURS



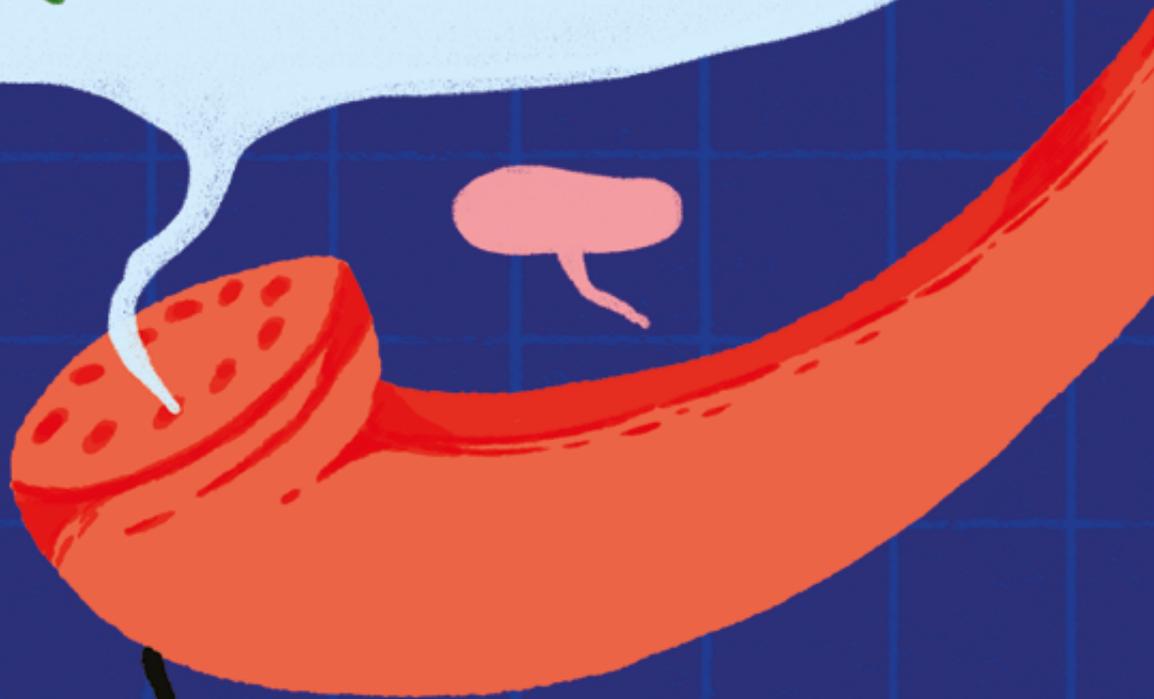
I WILL COMMUNICATE WHEN I
OVERTAKE
MYSELF



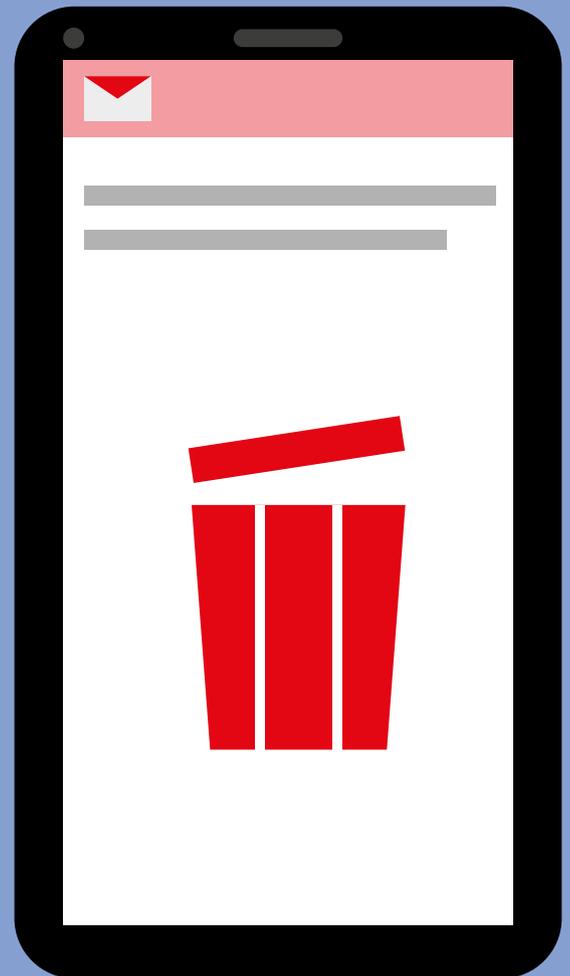
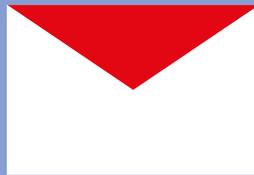
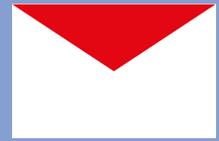


I WILL STAND UP
FOR MY
STRENGTHS
AND
WEAKNESSES

I WILL NOT ACCEPT
PHONE CALLS
WHEN I'M ON LEAVE



We will
delete our
work email
from our
phones





WE WILL
HAVE
HOLIDAYS
WITHOUT OUR
LAPTOPS

I WILL HAVE A MANAGEABLE WORK LOAD



An abstract, colorful background featuring large, flowing shapes in shades of yellow, orange, and light green, set against a dark blue background. The shapes are reminiscent of liquid splashes or organic forms, creating a vibrant and energetic visual.

Unleash my
Creativity

I commit to
using **FRIDAYS**
to read and
write about
young feminist
organizing



I will think
outside the
dropbox

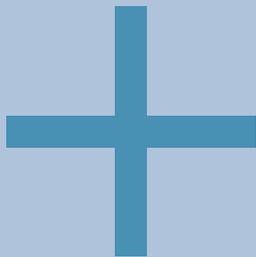
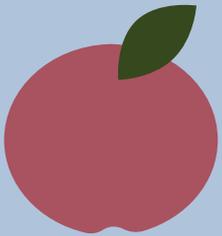
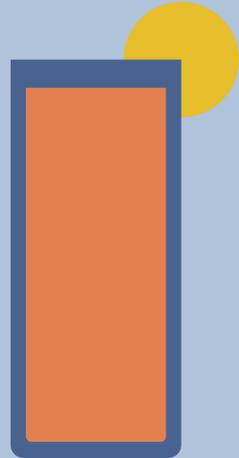


I WILL...



MY
WEEKENDS
ARE FOR
FUN

I will value
my and my
team's timely
nutrition

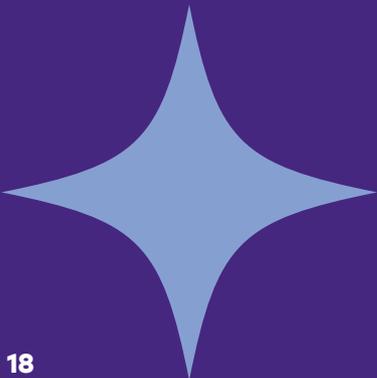




I WILL MAKE TIME DURING MY
WORKDAY TO WORKOUT, DO YOGA,
OR OTHER FUN THINGS

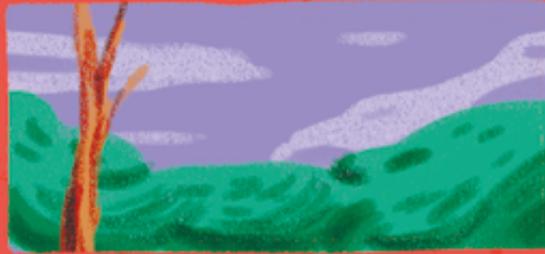


I will take care
of myself, do
fun things,
and be
present in my
life and love



I WILL EAT
PROPERLY
- AND -
HEALTHY





I WILL HAVE
THERAPY TO
WORK ON MY
TRAUMA.



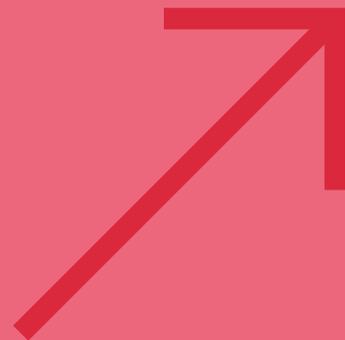
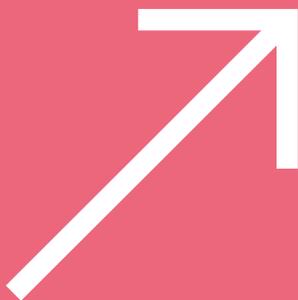


Invest in
Ourselves

**I will have
time for
professional
development**



FRIDA 
promises the
necessary
training and
coaching
required for
all of us



FRIDA has
clear internal
and external
decision
making and
communication
procedures

The background is a vibrant, abstract composition of organic, flowing shapes. Large areas of bright yellow and light green are interspersed with deep blue and soft pinkish-red tones. The shapes overlap and blend, creating a sense of movement and depth. The overall effect is reminiscent of a watercolor or ink wash painting with a modern, graphic feel.

Create a Sisterhood



I WILL...



I WILL BE KIND,
LOVING AND RESPECTABLE
TO MY COLLEAGUES



WE WILL EMPATHISE
WITH EACH OTHERS'

NEEDS
AND
DESIRES



Disrupt the System

FRIDA
recognizes
we are all
feminist
activists



FRIDA COMMITS TO



AWESOME

WE WILL RESPECT
STAFF WHEN WE FEEL
THEY'VE REACHED A

LIMIT

We will be free
on Fridays
and only work
Monday–
Thursday



**FRIDA will
commit to
encouraging
staff to value
their personal
lives equally**



I WILL...

EMBRACE
OUR
DIFFERENCES

The text is rendered in a thick, rounded, hand-drawn font. The word 'EMBRACE' is at the top, 'OUR' is in the middle, and 'DIFFERENCES' is at the bottom. The letters are filled with a light purple color and have a darker purple outline. The background is a solid orange color. Scattered around the text are several small, solid-colored circles in shades of yellow, pink, and red.



WE ARE ALL
DIFFERENT
AND DIVERSITY
IS ACCEPTED



I WILL
BE



STAND IN OTHERS' SHOES
EMPATHETIC &



BETTER
EXAMPLE

The image features the words "BETTER" and "EXAMPLE" in a bold, hand-drawn, pinkish-red font with a white outline. The letters are thick and have a slightly irregular, textured appearance. The text is set against a dark blue background. Surrounding the text are various colorful decorative elements: a large yellow star above the 'B', a green star above the 'E' in "BETTER", a red star below the 'L' in "EXAMPLE", a blue star at the bottom left, and several smaller stars in green, red, and yellow. There are also several colorful circles (cyan, orange, yellow) and rectangular shapes (blue, purple) scattered around the text, resembling confetti or party decorations.

I WILL MAKE TIME TO
JOIN FEMINIST INTERVENTIONS
OR ACTIVITIES IN MY
HOMETOWN



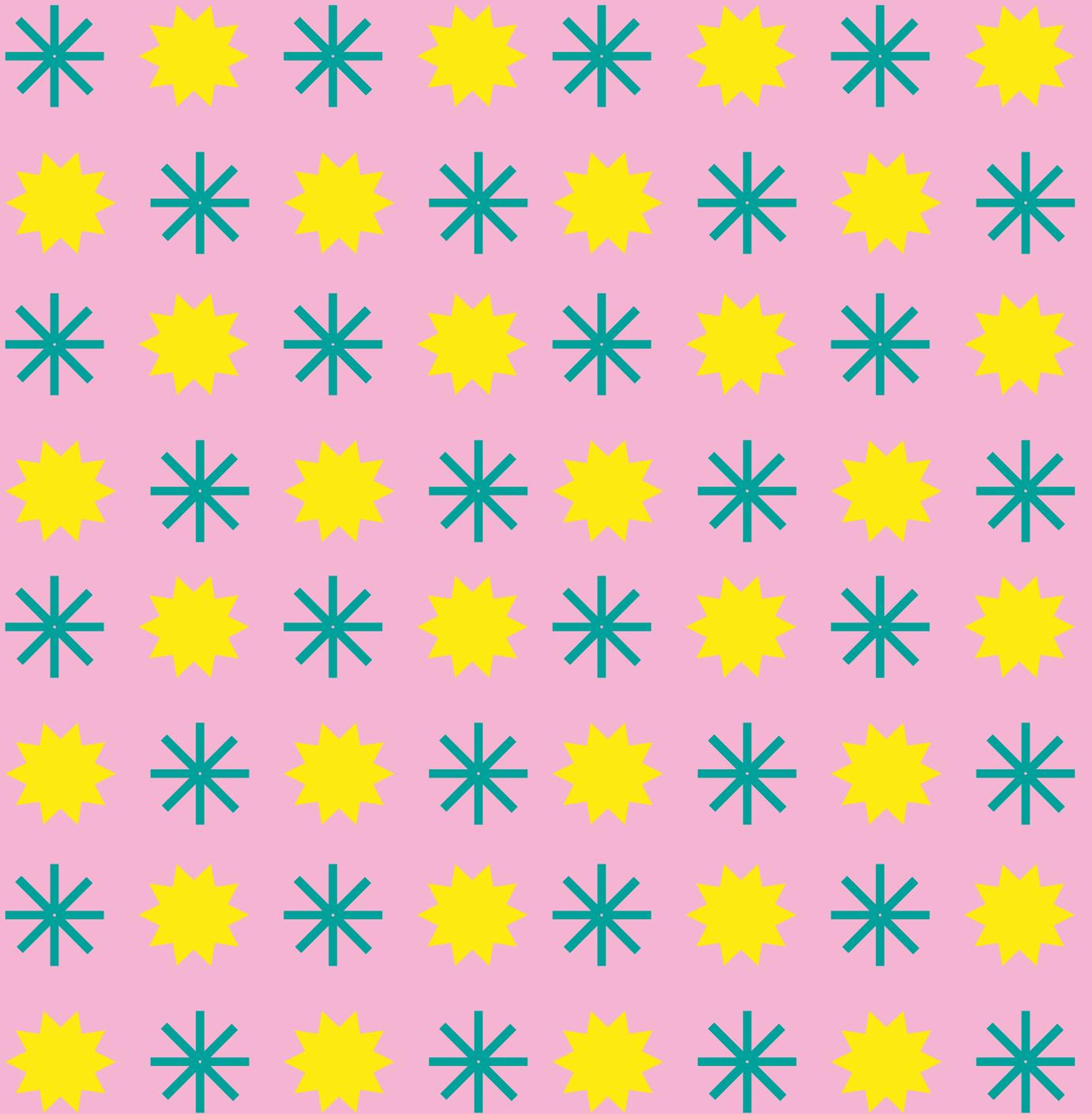
WE WILL
CELEBRATE
OUR
SUCCESS



Everyone is an
example and
an inspiration
for each other



I will





FRIDA | The Young Feminist Fund

Flexibility Resources Inclusivity Diversity Action

Young feminist organizing is springing up in all corners of the globe—from Mexico to Morocco to Malaysia—powered by brave women, girls and trans* youth who are creating the change the world needs. FRIDA provides young leaders with the resources they need to amplify their voices and bring attention to their work, and the support, flexibility and network to keep their vision and influence alive.



youngfeministfund.org