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 de-prioritize 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.
I will use mobile chats for fun and only when needed at reasonable hours.
I will communicate when I overtire myself.

I will stand up for my strengths and weaknesses.
We will delete our work email from our phones.
WE WILL HAVE HOLIDAYS WITHOUT OUR LAPTOPS

I WILL HAVE A MANAGEABLE WORK LOAD
I commit to using FRIDAy's to read and write about young feminist organizing.

Unleash my Creativity
I will think outside the dropbox
I will value my and my team’s timely nutrition
NO GUILT

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 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.
I WILL...

I WILL HAVE A GOOD MORNING CHAT WITH AT LEAST ONE COLLEAGUE EVERY DAY.
I WILL BE KIND, LOVING AND RESPECTABLE TO MY COLLEAGUES

WE WILL EMPATHISE WITH EACH OTHERS' NEEDS AND DESIRES
FRIDA recognizes we are all feminist activists
Frida commits to staying 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
WE ARE ALL DIFFERENT AND DIVERSITY IS ACCEPTED

I WILL BE EMPATHETIC & STAND IN OTHERS’ SHOES
BE THE EXAMPLE

I WILL MAKE TIME TO JOIN FEMINIST INTERVENTIONS OR ACTIVITIES IN MY HOMETOWN
Everyone is an example and an inspiration for each other.
I will
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.

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youngfeministfund.org