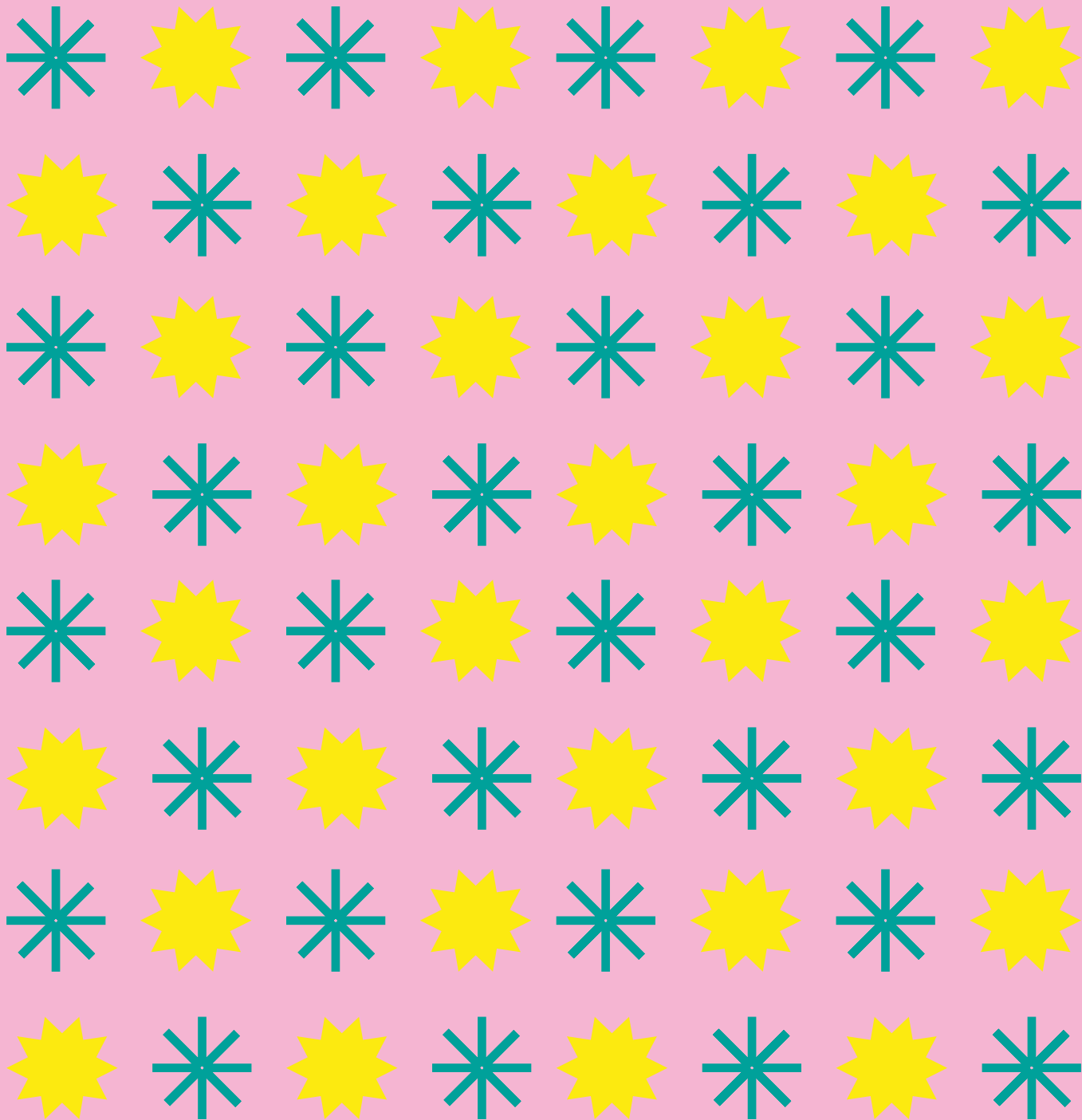


FRIDA

Happiness

Manifesto





**We are a vibrant
community of girls,
young women, trans*,
intersex and gender
non conforming
people who are
organizing together
to create a just,
resilient and
fearless world.**

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, orange, and light green. These shapes overlap and flow across the page, creating a sense of movement and depth. The word "Personal" is centered in a white, outlined font.

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



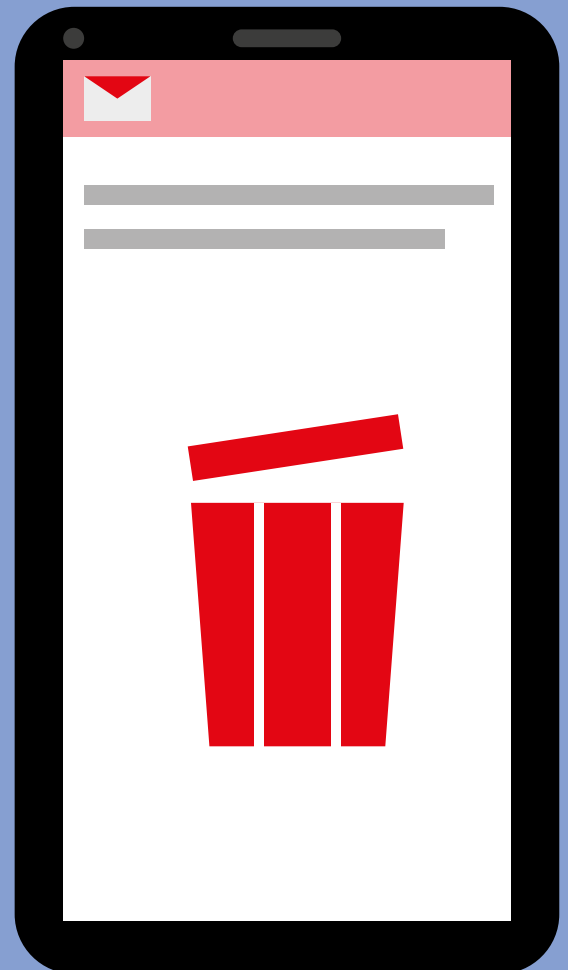
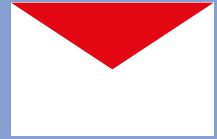


I WILL STAND UP
FOR MY
STRENGTHS
AND
WEAKNESSES

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





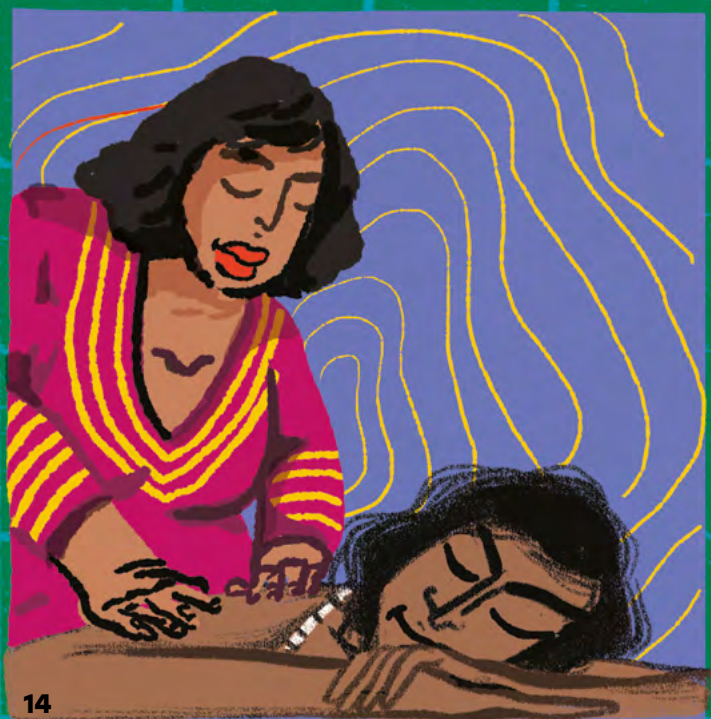
Unleash my
Creativity

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

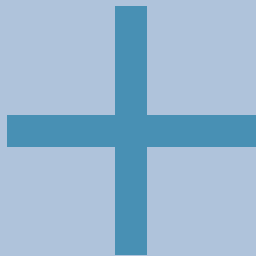
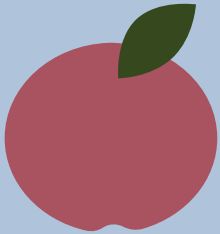
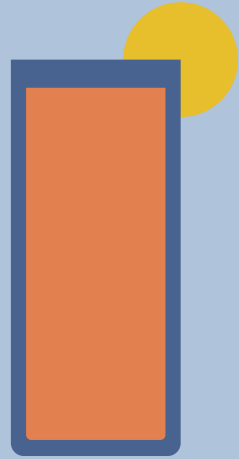


I will think
outside the
dropbox

I WILL...



I will value
my and my
team's timely
nutrition

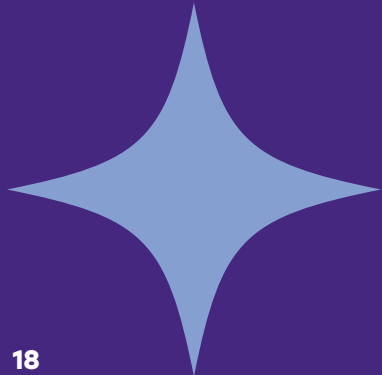




I WILL MAKE TIME DURING MY
WORKDAY TO WORKOUT, DO YOGA,
OR OTHER FUN THINGS



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.

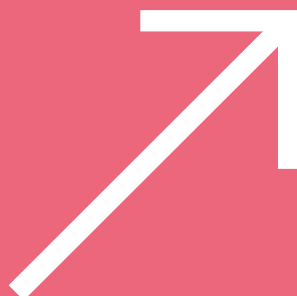
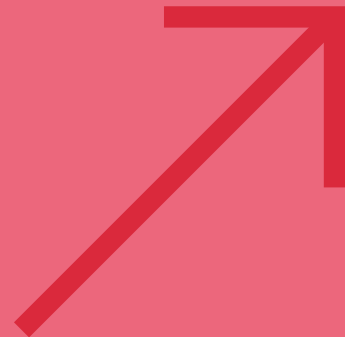
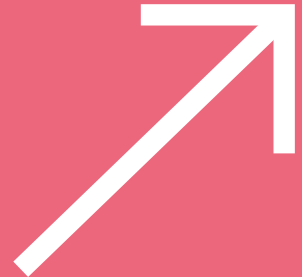
An abstract, colorful illustration. A central yellow figure with a large, bulbous head and a small, pointed nose is depicted. The figure is surrounded by several green, elongated, and somewhat irregular shapes that resemble tentacles or flowing liquid. The background is a mix of dark blue, orange, and red, with some white and light blue accents. The overall style is bold and expressive, with thick outlines and a limited color palette.

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

An abstract background featuring large, flowing shapes in bright yellow, light green, and deep blue. The shapes overlap and blend into each other, creating a sense of movement and depth. The yellow shapes are prominent in the foreground, while the green and blue shapes form the background and midground.

Create a Sisterhood



I WILL
HAVE A GOOD
MORNING CHAT
WITH AT LEAST ONE
COLLEAGUE EVERY
- DAY

I WILL...



I WILL BE KIND,
LOVING AND RESPECTABLE
TO MY COLLEAGUES



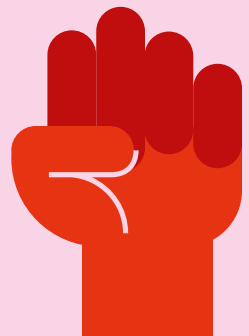
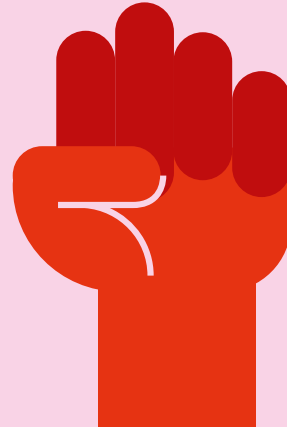
WE WILL EMPATHISE
WITH EACH OTHERS'

NEEDS
AND
DESIRES

An abstract background featuring a central yellow figure, possibly a person or a stylized object, with red lines suggesting movement or structure. The figure is surrounded by large, flowing shapes in shades of orange, green, and blue, creating a dynamic and colorful environment.

Disrupt the System

FRIDA
recognizes
we are all
feminist
activists



FRIDA COMMITS TO



AWE-SOME

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, hand-drawn, double-lined font. The background is a solid orange color, and the text is surrounded by several small, colorful dots in shades of yellow, pink, and purple.



WE ARE ALL
DIFFERENT
AND DIVERSITY
IS ACCEPTED



I WILL
BE

STAND IN OTHERS' SHOES
EMPATHETIC &

BE THE
EXAMPLE

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



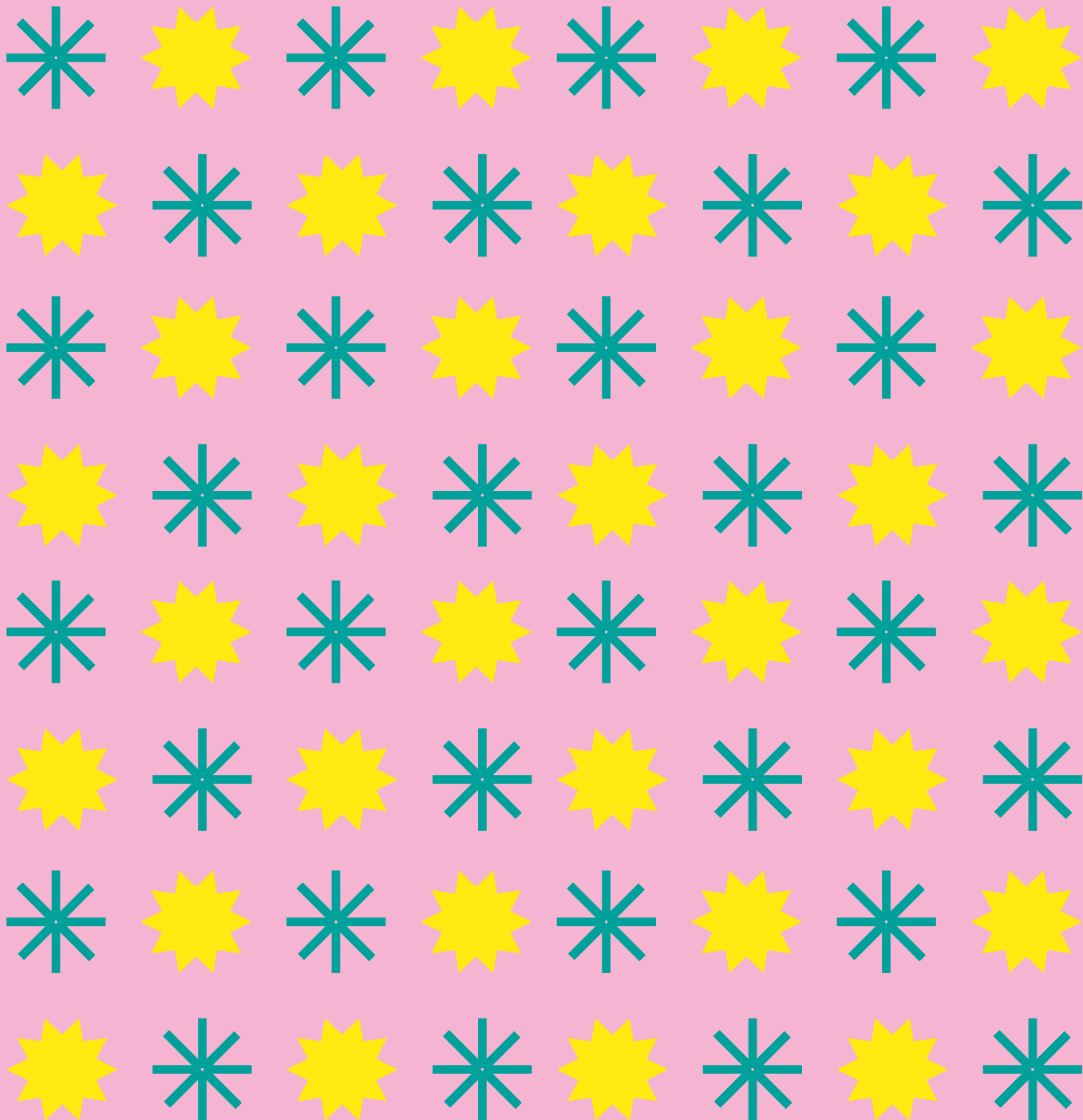
WE WILL
CELEBRATE
OUR
SUCCESS



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