

SUMUD: STAYING MOTIVATED

Friendship and twinning with people and places in Palestine can be incredibly rewarding. But learning about what is happening in Palestine, and to our friends, is not always easy. People who care enough to build these links care deeply about what is happening in Palestine, and often about many other important struggles for justice around the world.

The news is not often good and we need lots of resilience, determination and energy to keep going. The Palestinians have their own word for this- 'Sumud'- and many Palestinians also have a cheekily dark sense of humour which they tell us helps them through some of the tough times.

The people we meet and know and listen to and visit are inspirational in their ability to keep going. This resource was asked for by BPFTN groups and is designed to offer some further inspiration for people and groups when things feel difficult or when hope is lacking.

1

Think about where and when you get your news, updates, and information from. Balance the stuff you need to know about Palestine with some things you like to hear about too.

2

Set boundaries for your voluntary work and activism-you can't be 'on' and 'doing' all the time! Make time for other things too.

3

Make sure you know where or what your support network is- whether its friends or family, exercise, silence etc.- if you know what it is you can tap it when you need it!

4

Keep in touch with your Palestinian friends- they keep hope alive everyday. Remember in Gaza this will almost always be online.

5

Keep in touch with friends in the UK who work on similar issues and have similar challenges- leaning on each other a little bit from time to time can help us all.

6

Celebrate the good news that does come your way and don't underestimate the power of seemingly small changes or events that can mean the world to people.

7

Take time out if you need it- stepping back can sometimes help bring fresh perspectives or ideas, and just might give you the break you need.

8

Don't be afraid to reach out for help - whether it's something practical, or you've been knocked sideways by some bad news from Palestine.

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Remember how much support for Palestine and the Palestinians has already increased in the UK. And never forget- "If you think you are too small to make a difference, try sleeping in a closed room with a mosquito" (the Dalai Lama)