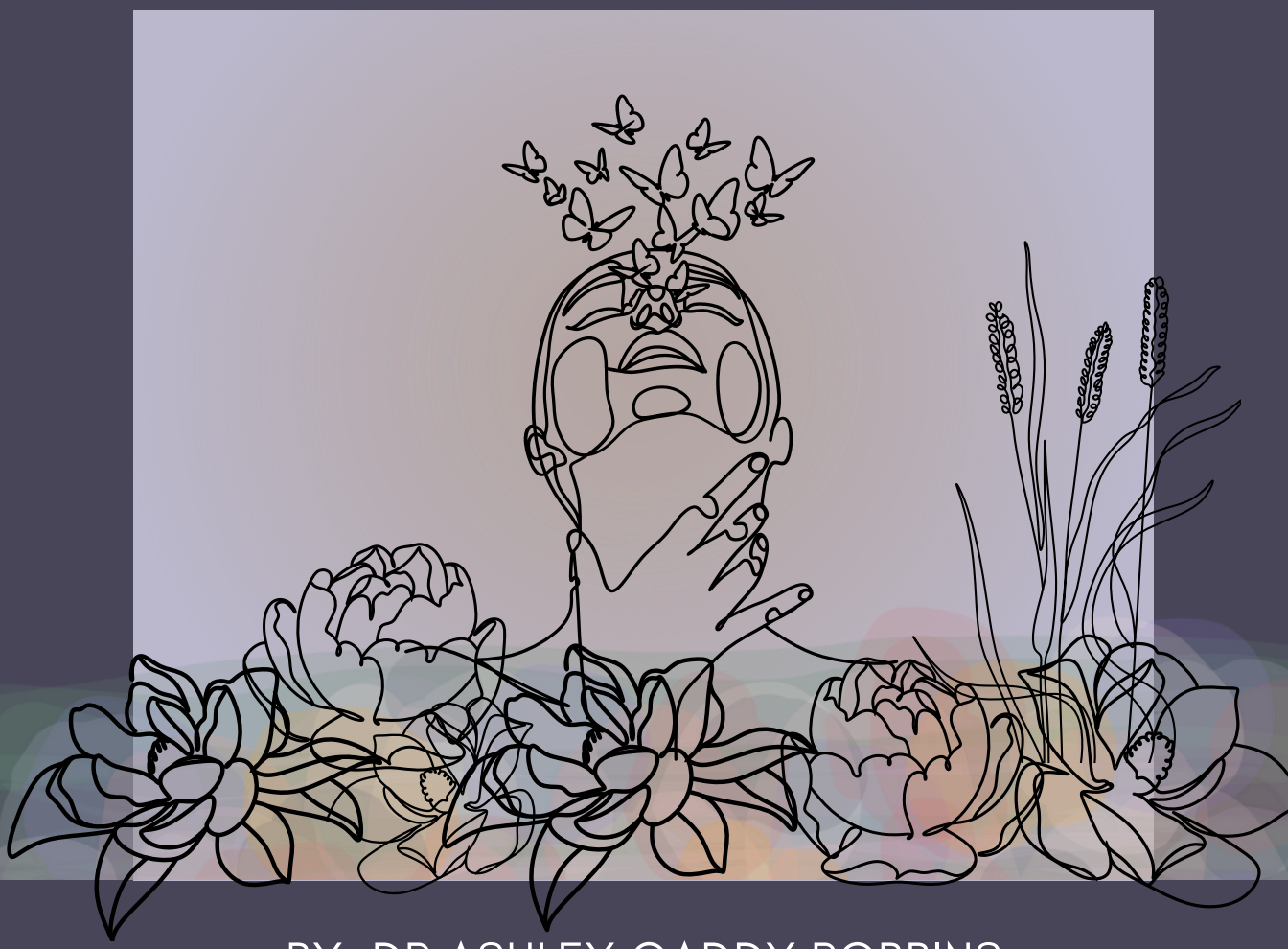
EVERYDAY RESISTANCE STRATEGIES

A GUIDEBOOK TO HELP YOU COPE AND THRIVE



BY: DR ASHLEY GADDY ROBBINS

This guide is lovingly dedicated to the Black women
who shared their stories, struggles, wisdom,
and ways of surviving with me.

Your words are more than data,
they are testimony.

Your practices are more than coping,
they are resistance.

Your presence is more than survival,
it is liberation in motion.

Thank you for your truth, your brilliance, and your
everyday acts of courage. This work would not exist
without you, and it continues because of you.

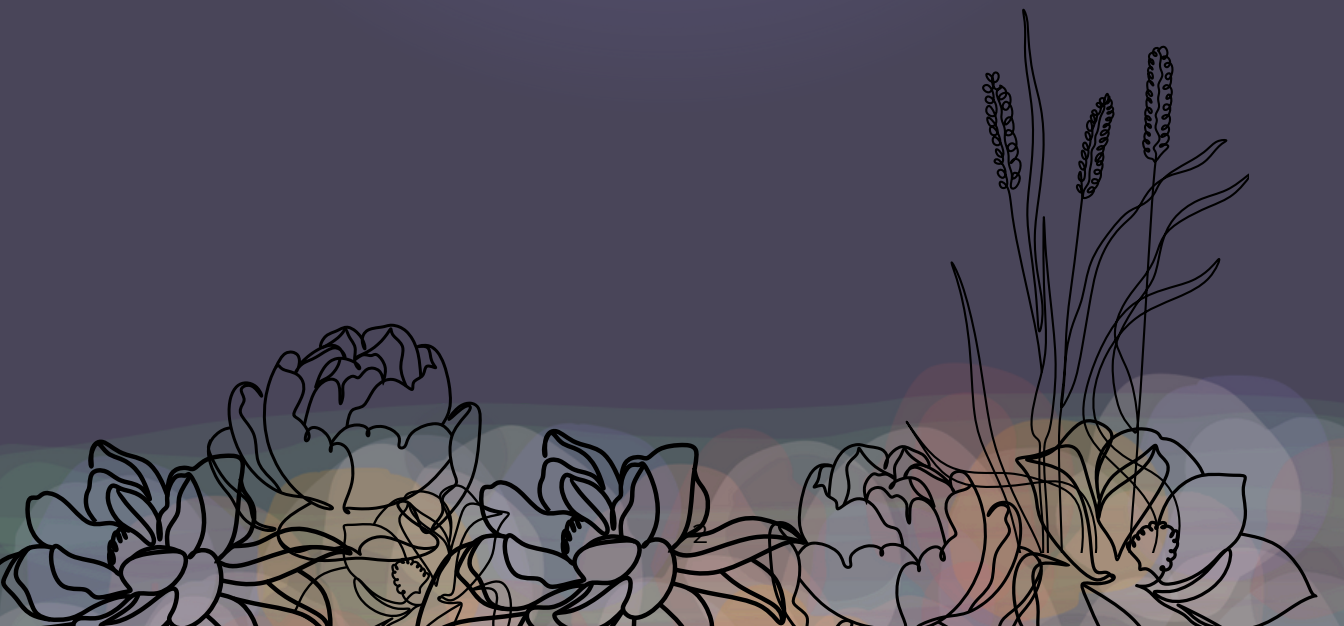


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Introduction



Introduction

Hello, I'm your coach Dr. Ashley Gaddy Robbins.



Thank you for joining me on this journey. As a scholar practitioner, my work is dedicated to advancing culture through a human-centered, approach. Through my work, I've found that when authenticity is normalized and encouraged, communities become more successful and more fulfilled.

In addition to my work advancing equity, inclusion, and justice, I am also a wife, mother, daughter, friend, and more. I do my best to bring the fullness of my identities into every space, creating room for others to do the same. My work is grounded, relational, and rooted in care.



The Everyday Resistance Strategies guidebook was born out of a need to name, honor, and share the ways people resist oppression not just in the streets, but in their homes, bodies, and everyday choices.

"These strategies offer a pathway toward healing, power, and persistence—especially when the world feels heavy. I invite you to move through them with honesty, care, and curiosity. Let's get started.

- Dr. Ashley Gaddy Robbins

Introduction

Everyday Resistance Strategies Overview

Everyday Resistance Strategies—what we'll call ERS—are the daily actions, choices, and commitments we make that push back against systems of oppression. The term, coined by Dr. Ashley Gaddy Robbins through her dissertation research, is rooted in the lived experiences of Black women, but these strategies offer insight and healing for anyone navigating power, pressure, and pain in their everyday life.

Whether you're dealing with societal injustice, personal stress, or both (and let's be real—it's often both), ERS remind us that resistance doesn't have to be loud to be powerful. It doesn't always look like a march, a protest, or a post. Sometimes, it's choosing rest when the world tells you to grind. Sometimes it's reaching out to your people. Sometimes it's simply surviving with your values intact.

ACTS OF RESISTANCE

Each strategy in this guide—whether it's leaning into faith, centering yourself, sacrificing for survival, or building community support—is a political act. Not political in the party-line sense, but political in the truest sense: a refusal to let oppressive systems define who we are or how we show up.

These strategies disrupt the harmful narratives placed on marginalized people. They affirm our agency. They help us push back, show up, and stay rooted. And most importantly, they remind us that we are not powerless.
Everyday resistance is how we sustain ourselves and move toward something better.

Chapter 1: FAITH



Chapter 1: FAITH

Faith as a Resistance Strategy

Faith is more than belief—it's a practice. A way of showing up in the world when everything around you says you shouldn't. It's the quiet knowing, the whispered prayer, the deep breath before trying again.

As a strategy, faith is about rooting yourself in something steady—spirituality, ancestral wisdom, purpose, divine guidance, or simply the hope that things can be different. It's the choice to hold on, to trust in something beyond the moment, and to let that trust shape how you move through the world.

For some, that trust is grounded in religion and relationship. For others, it may be faith in the future, belief in the goodness of people, or alignment with the energy of the universe. However it shows up, faith is a powerful reminder that something greater is still at work—even when we can't see it yet.

Practicing faith as resistance means saying: I will not be consumed by fear, doubt, or despair. I choose to believe in possibility. I choose to believe in something greater—within me or beyond me—that keeps me going.
Faith reminds us that we are not alone. That we've been here before. That we will make it through.

Chapter 1: FAITH | REFLECTING ON FAITH

Use this page to take stock of the spiritual anchors that keep you steady. Return to it whenever you feel detached and need some grounding.

SACRED SOURCES: Use the space below to write down the texts, songs, traditions, or saying that restore your sense of hope.

GROUNDING PRACTICES: Use the space below to describe the practices that keep you steady when life feels heavy. Examples: journaling, meditation, prayer, yoga, time in nature.

SPIRITUAL GUIDES: Use the space below to write down the people you can turn to when your faith wavers. Think about the mentors, elders and friends who are deeply rooted in their faith and can be a guide or sounding board.

Chapter 1: FAITH | REFLCTING ON FAITH

Use this page to take stock of the spiritual anchors that keep you steady. Return to it whenever you feel detached and need some grounding.

A TIME YOU CHOSE FAITH: Use the space below to recall a moment when you held onto belief, hope, or purpose. What did that experience teach you?

GROWING THE FLAME: Use the space below to write down practices you want to try that help you strengthen your spiritual resilience

SPIRITUAL FUTURE: Use the space below to write down the kind of person you want to grow to be when it comes to your faith.

Chapter 2: SACRIFICE



Chapter 2: SACRIFICE

Sacrifice as a Resistance Strategy

Sacrifice is often invisible—but it's everywhere. It's waking up early to care for others before yourself. It's staying silent in a meeting to keep the peace. It's pushing through when you're running on empty. It's doing what you have to do, because survival depends on it.

As a strategy, sacrifice is about making hard choices with intention—often in systems that weren't built to support your thriving. It can be financial, emotional, physical, or spiritual. Sometimes it's temporary, and sometimes it becomes a way of life.

But here's the truth: sacrifice is not weakness—it's wisdom. It's calculation. It's protection. It's knowing what can be let go in service of what must be held onto. And in a world that constantly demands too much, choosing what and how we sacrifice is an act of resistance in itself.

This strategy isn't always pretty. It can feel exhausting, frustrating, or unfair. But when rooted in clarity and care—not obligation or martyrdom—sacrifice becomes a powerful declaration: I will protect what matters. I will show up for what I love. And I will not let this system break me.

Sacrifice may ask a lot—but it is also a reminder of our strength, strategy, and sacred endurance.

Chapter 2: SACRIFICE | THE SACRIFICE INVENTORY

For each row, write what you've been sacrificing, how you're currently managing it (or not), and whether you feel ready or able to shift something.

CATEGORY	WHAT I'VE SACRIFICED	HOW I AM HANDLING IT	IS THIS SOMETHING I CAN CHANGE? IF SO HOW
REST/SLEEP			
MONEY/ FINANCIAL STABILITY			
PARENTING/ FAMILY SUPPORT			
VOICE/ OPINIONS			
MENTAL HEALTH			
PHYSICAL WELLBEING			

Chapter 2: SACRIFICE | THE SACRIFICE INVENTORY

For each row, write what you've been sacrificing, how you're currently managing it (or not), and whether you feel ready or able to shift something.

CATEGORY	WHAT I'VE SACRIFICED	HOW I AM HANDLING IT	IS THIS SOMETHING I CAN CHANGE? IF SO HOW
SPIRITUAL PRACTICE			
JOY/ CREATIVE EXPRESSION			
CAREER OR AMBITIONS			
RELATIONSHIPS/ BOUNDARIES			
STABILITY/ SAFETY			
OTHER/ SOMETHING HIDDEN			

Chapter 2: SACRIFICE | REFLECTIONS ON SACRIFICE

After completing the inventory, take a few moments with these questions:

Which sacrifices have become my norm and at what cost?

Where do I feel stuck? Where do I feel possibility?

What is one small change I can make to ease the weight I am carrying?

Who could help me carry this differently, or remind me I don't have to carry it alone?

Chapter 3: CENTERING SELF



Chapter 3: CENTERING SELF

Centering Self as a Resistance Strategy

Centering yourself is not selfish—it's necessary. It's the practice of turning inward with honesty, care, and accountability. It's choosing to see your needs, your boundaries, and your brilliance as worthy of protection.

In a world that constantly demands your labor, your silence, your compromise—choosing yourself is a radical act. Centering self means asking: What do I need right now? What do I feel? What am I carrying that isn't mine? It means being willing to pause before reacting, to hold both the light and shadow of who you are, and to respond with intention rather than urgency.

This strategy shows up in small, daily choices:

- Saying no without guilt.
- Taking time to check in with your body.
- Setting boundaries that honor your peace.
- Letting your feelings exist without apology.

Centering self is about reclaiming your humanity from systems that try to reduce you to roles, labels, or outputs. It is a form of healing. It's how you interrupt cycles of overextension and burnout. It's how you learn to trust your own voice again.
When we center ourselves, we don't ignore the collective—we strengthen it.
Because when we show up rooted and resourced, we show up more fully for others, too.

Chapter 3: CENTERING SELF | BOUNDARY MAPPING

Boundaries are a way to center yourself while remaining in relationship with others. Use this chart to name your boundaries clearly and compassionately.

Area of Life	A Boundary I Need to Set	Why it Matters to Me	How Might I Communicate This to Others
Family			
Friends			
Social Media			
Rest Time			
Work/ School			

Chapter 3: CENTERING SELF| MIRROR MOMENT

Use this page to look inward. No performance. No pleasing. Just you.

What do I know about myself that I sometimes forget?

What part of me is asking to be seen or heard right now?

When was the last time I truly showed up for me—and what did that feel like?

Chapter 4: COMMUNITY SUPPORT



Chapter 4: COMMUNITY SUPPORT

Community Support as a Resistance Strategy

You don't have to do this alone. And you were never meant to.

Community support is about choosing to live and heal in relationship—with friends, chosen family, elders, peers, mentors, therapists, group chats, and people who see you fully. It's not just about getting help; it's about knowing you deserve to be held.

In a world that tells us strength means doing it alone, leaning on community is a powerful refusal. It resists the narrative that struggle should be private and that worth is measured by independence.

Community support shows up in countless ways:

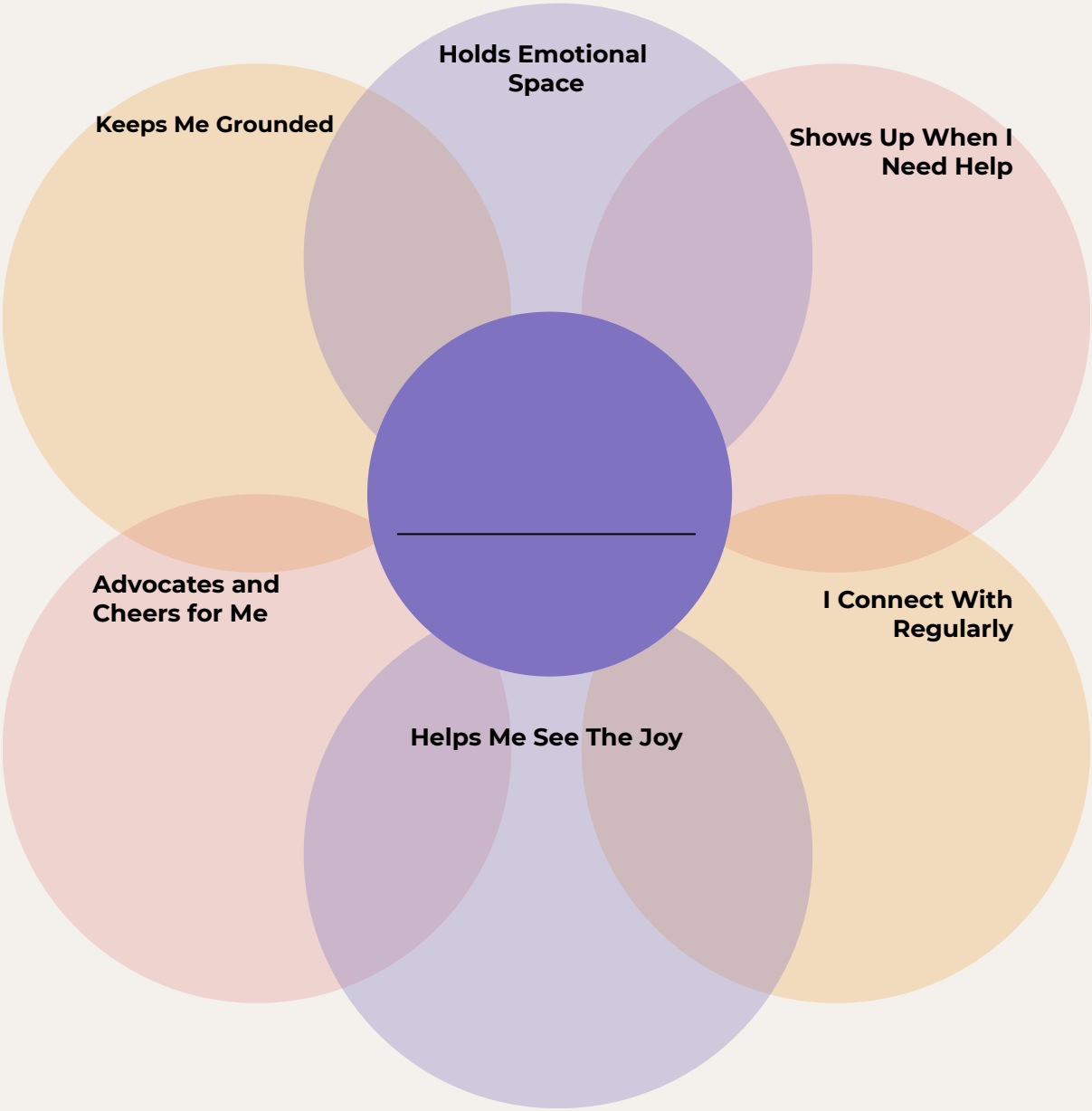
- Someone bringing you food when you're too tired to cook.
- A friend checking in before you even ask.
- Crying together over FaceTime.
- A therapist or elder reminding you that your feelings are valid.
- A hug, a playlist, a shared prayer, a ride to work.

These moments aren't just acts of care. They're acts of resistance. They disrupt isolation. They push back on grind culture. They remind us that being soft, vulnerable, and in need is part of being human.

Letting yourself be supported doesn't make you weak. It makes you rooted.

Chapter 4: COMMUNITY SUPPORT | MY SUPPORT FLOWER

Map your community support flower by writing your name in the center and then write down the names of the people, groups, or spaces that offer you support in each area.



Chapter 4: COMMUNITY SUPPORT | REACHING OUT PLAN

Sometimes we know we need support, but we don't know where to begin. Use this exercise to name who you can reach out to and how.

The People Who Can Support Me	Type of Support they Offer Me	When was the Last Time I Reached Out?	What are some ways I can reconnect?
	Emotional/ Listening Ear		
	Practical/ Help with Tasks		
	Spiritual /Uplifting		
	Mentorship Accountability		
	Joy/ Fun/ Distraction		

Thank You For Your Support!

Thank you for your support of this resource and most importantly, thank you for showing up for yourself. May this guide not just live in your downloads folder or bookshelf, but in your everyday choices, conversations, and community.

Keep showing up, Keep Resisting.

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