



CHASITY
WELLS

Unapologetically Uplifting Women

10 Ways to Show Up Locally When National Politics Feels Hopeless

A Community Power Guide by Chasity Wells-Armstrong



When national headlines feel like a nightmare and federal systems keep failing us, it's easy to feel powerless. But you're not.

The real power is local.

And it starts with showing up - - on purpose, in partnership, and without apology.

Use this guide to lead right where you are today.

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1. Pick Up a Few Extra Supplies

- *Next time you're at the store, grab an extra box of tissues, crayons, or disinfectant wipes.*
- *Drop them off at a school, shelter, or resource center.*
- *Small items. Big impact.*

2. Volunteer Once This Month

- *Just two hours at a food pantry, local campaign, or domestic violence shelter can change someone's week, and remind you that you're not powerless.*

3. Ask One Leader What They Need

- *Reach out to a principal, librarian, youth worker, or elected official in your area.*
- *Ask: "What's missing that I can help with at this time?"*

4. Donate Locally, Even If It's \$5

- *Forget national organizations for a second.*
- *Local groups know what your community actually needs.*
- *Send \$5. Send \$50. Either way, it moves the mission.*

5. Show Up Where Decisions Are Made

- *Attend one city council, school board, or township meeting.*
- *Don't speak; listen. Learn where the gaps are. Then strategize how you can fill them.*





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6. Tell the Truth (Out Loud)

- *Use your platform: social media, team meetings, church groups, etc... to name what's happening.*
- *Not everyone has your courage. Give them permission to care.*

7. Join or Start a Care Pod

- *Find (or form) a group of 3–5 people committed to watching out for one another and for neighbors who are struggling.*
- *Leadership isn't always public. Sometimes it's quiet, intentional care.*

8. Drop Off a Meal

- *Cook a double portion of dinner and deliver it to a single parent, overworked nurse, or elder nearby.*
- *This is community resilience in motion.*

9. Talk to Young People About What's Going On

- *Don't hide the hard stuff.*
- *Equip them. Ask what they're seeing and what they want to do about it.*
- *They don't need saviors. They need truth, and tools.*

10. Fuel the Bench

- *Encourage one person to run, apply, or show up in leadership and offer to help.*
- *The next generation of leaders won't rise if they don't feel backed. Be the one who backs them.*

SPARKS OF INSIGHT

- *You don't need permission.*
- *You need commitment.*
- *This is how we build real power: local, intentional, and together.*