

*ipadé*



# Activist's Guide to Self-Care

# Self-Care Works to Beat Burnout

Caring for myself is not self-indulgence, it is *self-preservation*, and that is an act of *political warfare*.

- Audre Lorde

Being an activist or an advocate, working to disrupt the status quo, and pushing for transformative change can take a toll on mind, body, and spirit. But the work we're doing and the people we are doing it for are too important for our bright flames of passion and purpose to burn out. And we ourselves are too valuable, too important, too worthy, and too deserving of the very best that life has to offer to succumb to the stress that often comes with our activism.

Burnout is a state of chronic stress that shows up in a variety of ways – from physical and mental exhaustion to feelings of hopelessness and detachment from the things we enjoy and the people we love.

Burnout does not have to be your reality. Indeed, proclaim to yourself: *"Burnout is not and never will be my reality."*

Self-care is one answer that can keep you well, healthy, and fueled to fight injustice and inequity. Self-care can help you remain committed to your causes while protecting and nurturing your mind, body, and spirit. For many, self-care is an act of "political warfare," as Audre Lorde put it, and a way to resist oppression, white supremacy, and capitalism.

Self-care creates the space and energy we need to dream big, move boldly, create new paths, and see our visions come to reality. We deserve the peace and prosperity it provides. Fortunately, it's ours for the having.

# Signs of Burnout

- Physical Exhaustion and Persistent Fatigue
- Emotional Exhaustion
- Anxiety
- Anger
- Sadness
- Depression
- Shutting Down
- Disconnection and Detachment
- Cynicism and Pessimism
- Change in Appetite
- Change in Sleep
- Deepening Substance Use
- Feeling Hopeless
- Lack of Focus and Productivity
- Physical Symptoms (pain, headaches, dizziness)

If you're experiencing any of these signs and symptoms, please see a health care professional for your own safety, health, and well-being.

# Set Self-Care Goals for Wellbeing

Write down your goals for accountability on the next page. Here are some ideas to get you started:

## Mind

- ◆ Take breaks from social media, email, news, etc. Turning off your phone at a certain time each day, taking a break for an extended period of time, or deleting apps from certain devices altogether can go a long way towards your peace of mind.
- ◆ Implement a morning meditation, prayer, or affirmation routine to get your day started right.
- ◆ Implement a night routine to wind down and set yourself up for a good night's sleep.
- ◆ Find a therapist you vibe with and set up regular appointments.

## Body

- ◆ If you're able to, dedicate 30 minutes each day for physical activity. Walking and dancing are great ways to release stress and boost energy.
- ◆ Connect mind and body with yoga twice a week.
- ◆ Give yourself permission to rest, relax, and enjoy leisure activities.
- ◆ Get more sleep.

## Spirit

- ◆ Strengthen your friendships and relationships. Call a friend once a week to catch up.
- ◆ Get in community with people who share your values, feed your soul, and support your efforts.
- ◆ Take up an art or craft like coloring, drawing, crocheting, or another activity like gardening.

# My Self-Care Plan

## GOALS

What do you want to accomplish?  
What transformations do you seek?

## ACTIVITIES

What will you do daily, weekly, and  
monthly to reach your goals?

## OUTCOMES

How will you measure your success?  
What will success look like?

MIND

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BODY

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SPIRIT

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# 7 Self-Care Affirmations

I am worthy of self-care.

I deserve to feel safe, comfortable, and confident.

My mind, body, and spirit are healing.

I am worthy of rest, joy, and abundance.

My potential is infinite.

I live an abundant life.

I have the power to make the best choices for me.

# You Don't Have to do It Alone

The best thing about self-care is that, although it's something we give to ourselves, we don't have to do it alone. Self-care and community care are connected.

Community care is most simply defined as care offered by someone to the benefit of the other people in their life or their community. When you use what you have to show up for someone in a way that benefits them, that's community care. And it doesn't have to be anything fancy or grand. Community care might show up as words of encouragement, small acts of kindness or gratitude, or volunteering to run an errand for a loved one. It could also look like something as bold as protesting to stand up for your rights, taking a public stance on an issue and educating others about it, and using your voice to confront systemic injustice and harm. However you choose to and are able to show up is absolutely perfect.

By caring for yourself, you are in the best position to care for and strengthen your community. In turn, your they can support you in achieving your self-care goals. Additionally, sharing space and being in community with like-minded people is powerful. Surrounding yourself with people who share your dreams, understand your challenges, and encourage you to pursue your goals while doing what you need to thrive is life-giving and life-changing.

Ipadé is here for you. As a member, you will have access to an inclusive community of changemakers just like you, a network of support and accountability, and resources to help you grow personally and professionally. Learn more and join us [here!](#)

# Resources to Help You Flourish

## Books

- ◆ Vibrate Higher Daily by Lalah Delia
- ◆ Pleasure Activism: The Politics of Feeling Good by Adrienne Maree Brown
- ◆ The Body Is Not an Apology: The Power of Radical Self-Love by Sonya Renee Taylor
- ◆ What I Know For Sure by Oprah Winfrey
- ◆ Every Body Yoga: Let Go of Fear, Get On the Mat, Love Your Body by Jessamyn Stanley
- ◆ The Color Of My Mind: Mental Health Narratives from People of Color by Dior Vargas
- ◆ You Have the Right to Remain Fat by Virgie Tovar
- ◆ The Likeability Trap: How to Break Free and Succeed As You Are by Alicia Menendez
- ◆ Sacred Feminine: An Indigenous Art Colouring Book by Jackie Traverse
- ◆ Life Stages and Native Women by Kim Anderson
- ◆ Brave, Not Perfect: Fear Less, Fail More, and Live Bolder by Reshma Saujani
- ◆ Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit by Queen Afua

## Self-Care Apps for People of Color

- ◆ Shine
- ◆ Liberate

## Websites

- ◆ Balanced Black Girl
- ◆ Therapy for Black Girls
- ◆ Latinx Therapy
- ◆ Melanin and Mental Health
- ◆ Brown Girl Self Care

## Podcasts

- ◆ Black Girl In Om
- ◆ Therapy for Black Girls
- ◆ Hey, Girl
- ◆ Black Girls Being
- ◆ What Are Friends For
- ◆ Bitter Brown Femmes
- ◆ Bag Ladiez
- ◆ Food Heaven
- ◆ Call Your Girlfriend
- ◆ Hoodrat to Headwrap
- ◆ Minding My Black Business