

SPS Presents

Tips for Self-Care

Take Care of Your Body

- Drink plenty of water
- Aim for enough sleep to feel re-energized
- Eating balanced meals
- Nourish yourself

Set Clear Boundaries

- Saying “no” is essential
- Understand emotional boundaries
- Tell others what you will and will not participate in very clearly and stick with it

Be Aware of Triggers

- Disconnect from sources that are causing you harm
- Block those causing you harm
- Take a break

Have Interest Outside of Activism

- Try new things you would enjoy
- Give yourself permission to step out
- Be silly and a little less serious

Find Your Relaxation

- Finding a way to relax that vibes with you
 - Breathing, journaling, meditating
- Slow down and show your mind and body some peace and love

Notice and Honor Emotions

- Acknowledge feelings
- Pay tribute to losses in your own way
 - Ask for hugs
- Mourn and grieve losses

Celebrate the Small Successes

- Celebrate each victory, small or big
 - Journal successes
- Big movements and changes are the results of several small successes

Ensure You Have Support

- Seek out communities, groups, and personal relationships where you feel valued, appreciated, and supported
 - Share your feelings and be your authentic self