

14 No-Cost Radical Self-Care Tips

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Political Trauma Stress, Oppression Fatigue,
Burnout & Compassion Fatigue Are All Real!

~ Let's Keep Ourselves, Each Other and the Revolution Healthy ~

1. In your work, play and self-care, **use your integrity as your guide**. Value yourself with respectful self-talk, wiggle-room & compassion.
2. **Slow down**. Take deep slow breaths: three sets of three: 5 seconds on inhale & 7 seconds on exhale.
3. **Check-in & greet your body**. Rub your arms, legs, hands, forehead, base of your skull, shoulders. Take stretch breaks every 50 minutes.
4. Use your senses to **orient yourself to your surroundings**: hear, touch, taste, see, smell.
5. **Note your body's physical needs**. Do you need to: hydrate? eat? sleep? rest? stretch your body? pee? make alone time to "just be"? tend to life maintenance details? tend to relationships? say "yes" to yourself and "no" to others?
6. **Connect** with your kindreds for fun & solace. Don't isolate. Schedule regular check-ins.
7. **Do you need to debrief?** Need a safe physical way to release intense energy or anger? Or a space to cry? To grieve? To rant? Let it out. Let it go.
8. Take a **break from social media**...A meaningful break...Yes, put your phone away for a while.
9. **Get real** about what you have control & influence over & what you do not. Then problem-solve creatively.
10. Take **physical & mental space away** from your work, planning, organizing & volunteering.
11. Do something **you enjoy or find pleasant**...listen to music, doodle, run, write, chat with your neighbor.
12. Be in or imagine **nature**. Trees. Water. Sky. Animals. Birds.
13. Anxious, afraid, depressed? Stressed? Hopeless? Medicating unhealthily? Headaches? Tired? Stomach or sleep problems? Flashbacks? **Admit when you need help**. Get help. **Get a referral or resource from a trusted ally**.
14. Unabashedly remind yourself: **"I am an amazing, worthy, important, unique & lovely human being."**

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