

Self-Care for the Socially Conscious: Some Ideas

Physical Self-Care

BREATHE **Take**
 Nutrition **extra care of**
 Hydrate **yourself if**
 Sleep **you are worn**
 Exercise **down**
 Supplements
 Physical touch
 Sex
 Down time
 Medical check-ups
 Soothe self
 Take breaks to stretch & pee
 Hygiene
 Take breaks
 Stay present in your body
 Oppression fatigue

Spiritual Self-Care

Respect yourself
 Be here now
 Accept where you are & then make any necessary and attainable changes
 Finding purpose and meaning
 Living personal values / Stay in integrity
 Gratitude
 Nurture your passions
 Self-reflection
 Ritual
 Meditation
 Prayer
 Creativity
 Connection with world community & earth
 Forgive self
 Release regrets
 Appreciate the little things
 Give yourself lots of wiggle-room
 Accept mistakes
 Honor your word
 Take risks
 Understand yourself
 Apologize / Take responsibility

Mental/Emotional Self-care

Compassion, acceptance and kindness towards self
 Expect the best from self and others
 Accept personal feelings
 Be curious about your feelings, thoughts & choices
 General positivity
 Positive Self-talk
 Positive beliefs
 Believe and trust in self
 Ask for help
 Bounce back/Resilience
 Accept and love self and body
 Believe in your healing
 Speak your truth
 Set boundaries
 Let go of what you can't control
 Welcome your feelings
 Emotional intelligence
 Journal
 Therapy and coaching
 Address addiction issues
 Work through grief
 Face loneliness, isolation
 Work through family of origin
 Work through past trauma
 Understand and address your systematic-based internalized self-loathing, hatred, fear
 Maintain discernment about the past and the present
 Accept and challenge your own privilege
 Minimize "catastrophizing"
 Practice realistic problem solving

People & Connection Self-Care

Friends
 Family / "Chosen" family
 Community
 Convey compassion, acceptance and kindness
 Access friends for their support
 Therapist
 Support group
 Neighbors
 Connections with people similar to you
 Animal Companion
 Challenge systems of oppression
 Give others lots of wiggle room
 Accept others as they are
 Be flexible
 Take others at their word
 Balance self with relationships
 Say "yes" & say "no"
 Smile

Lifestyle Self-Care

Structure/Routine
 Relaxation
 Set short-term & long-term goals
 Manage home, money
 Time away
 Fulfilling work, interests, hobbies
 Time in nature
 Pleasure
 Community Involvement/Service
 Laugh
 Have fun / Play
 Be mindful
 Balance social media and cell phone use
 Intellectual growth/Learning

*This is a tool. Tweak it to fit your personal and cultural needs and preferences. **Many of these items are only possible for some folks because of their access, resources and privilege.

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