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
- Sooth the 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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