

Activist Self-Care I

Open to the horror, grief, rage, & despair. Focus on our victories, too.

Accept the uncertainty Befriend your imperfections

Pause to refresh Breathe fully, softly

Slow up Set times to get grounded

Get organized Center your self Find a support buddy or circle

Focus on "enoughness" Simplify wherever possible

Walk Bike Sing Dance Garden Cook Craft Play Stretch Rest

Listen to early morning tweets outdoors Be true to your spiritual core

Pace your self Keep your aim Persist passionately

Love your self fully Be a loving presence today

Activist Self-Care II

Take sustained media breaks Take time alone Take refuge in nature today

Rest Relax Refresh Restore Reflect Reconnect Aim to Sustain

This breath This place This moment This step This person This life

Remember: We belong here Experience our pain Feel our solidarity

Stretch your cultural boundaries in fun, celebrative ways

Seek the truth Listen to others' truth Speak the truth

Be feedback-friendly Share leadership gracefully Be the Change

Think big. We're in this together for the long haul