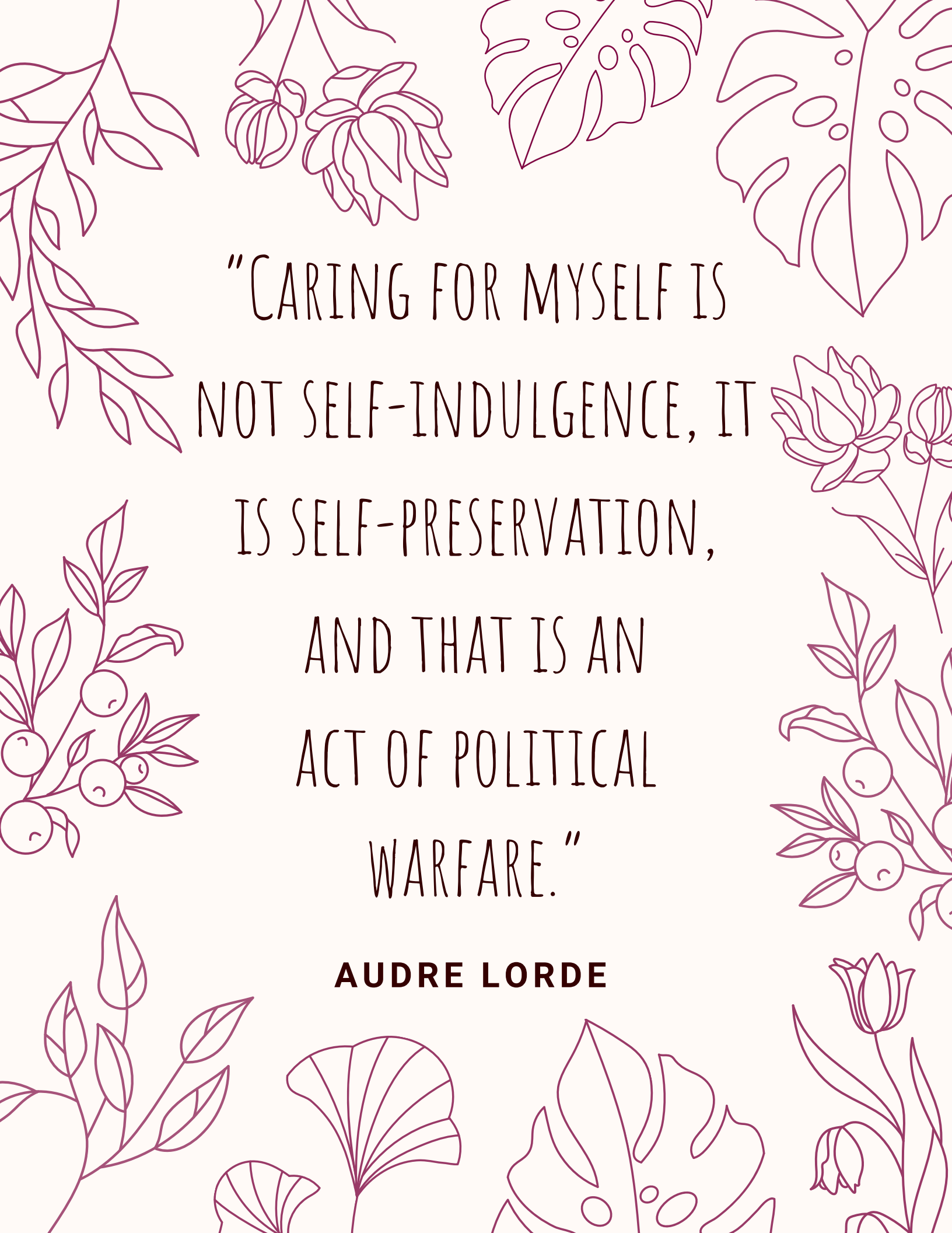


Self Care Resources



Created by Haleema Bharoocha





"CARING FOR MYSELF IS
NOT SELF-INDULGENCE, IT
IS SELF-PRESERVATION,
AND THAT IS AN
ACT OF POLITICAL
WARFARE."

AUDRE LORDE

"You cannot pour from an empty cup,
remember to take care of yourself first." -
Unknown

Six Practices to Prioritize Self Care

- 01** See self care as a core need, not as a privilege.
- 02** Listen to your body and feelings.
- 03** Take social media breaks as needed.
- 04** Maintain and build relationships with others in your community.
- 05** Make small self care activities part of your routine such as a 10 minute walk.
- 06** Have a buddy who can check in on you and who can do self care activities with.

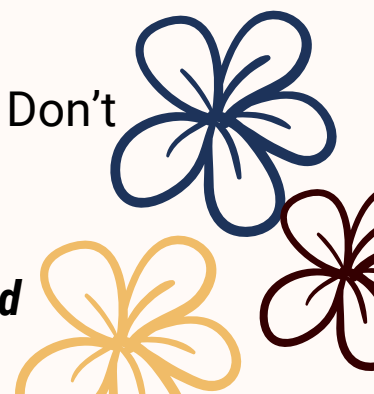
“Talk to yourself like you would to someone you love.” – Brené Brown

Examples of What Self Care Can Look Like

Self care looks different for everyone. Here are some examples created by girl leaders. Self-care can look like:

- Putting yourself first.
- Doing something that helps you feel less pressure or stress.
- Time designated to focus on you. Not for other people to tell you what to do, slow down and focus.
- Not necessarily face masks or treat yourself days. It can include being honest with yourself about aspects of your life that need to change.
- Taking a nice bath once in a while.
- Being kind to yourself. Don't destroy yourself in the process of doing something just so that you feel like you earned it more.
- Talking to others without being shameful. Asking for help.
- Doing whatever it is you need to do to get back to a neutral, happy state that feels like yourself.
- Making time to get out of your own headspace and do stuff to help others.
- Creating a daily routine that allows for “me” time. Don't blow it off.

SOURCE: Alliance for Girls Young Women's Leadership Board



“Self-care has to be rooted in self-preservation, not just mimosas and spa days” – Lizzo

Reflection Questions

For the next few weeks, take a minimum of 30 minutes to reflect on one of the following journal reflection questions. Take notes on these in the form of writing or drawings to capture your thoughts.

1. What makes you feel joy? How does your body respond to it?
2. What are some memories and moments that make you feel empowered and remind you of your brilliance?
3. How do you want/need to be supported by others? Who are three people you can count on for support?
4. How does your body react to stress? What are the early signs and what is one practice you can do when you see these signs to help de-stress?
5. What is one thing that you can do everyday for self care that takes only 5-15 minutes to do?
6. How can you celebrate yourself today? How can you celebrate those in your support network today?

Once you complete all these reflections, please look through your responses and **complete one final reflection**:

- How have you changed in your practices and thoughts since you started journaling?

If this practice was useful, keep doing it! There are many journaling exercises you can find online.



“I am a feminist, and what that means to me is much the same as the meaning of the fact that I am Black; it means that I must undertake to love myself and to respect myself as though my very life depends upon self-love and self-respect.” – June Jordan

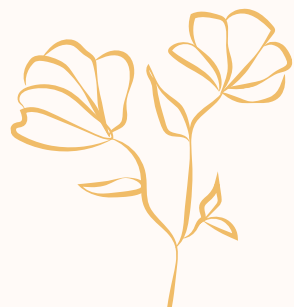
Resources

Instagram Pages To Follow

- @TheNapMinistry
- @AlyssaMarieWellness
- @DecolonizingTherapy
- @SelfCareIsForEveryone
- @Mia.Mingus

Books to Read

- Pleasure Activism: The Politics of Feeling Good by Adrienne Maree Brown
- Braving the Wilderness by Brené Brown
- The Body Is Not an Apology: The Power of Radical Self-Love by Sonya Renee Taylor
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem
- Care Work: Dreaming Disability Justice by Leah Lakshmi Piepzna-Samarasinha
- I Am Enough Book by Grace Byers





"Your finest
work, your best
movements, your
joy, peace, and
healing come
when you love
yourself."

-Melodie Beattie

