Self Care Practices

techniques for connecting with yourself and protecting your well-being
WHAT IS SELF CARE?

Self care is the practice of taking an active role in protecting one's well-being and happiness.
Why practice self care?

- Prevent Burn Out
- Cope with daily stressors
- Encourages you to have a healthy relationship with yourself
How we talk to ourselves is essential to our well-being

What is your inner monologue saying? Is it helpful or is it harmful?

- Examine your thoughts and the value you place on them
- Stop should-ing all over yourself
- Treat yourself with kindness and compassion
- Listen to your body and trust the wisdom it provides
Self care looks different for everyone
Here are some ideas to connect with yourself

Body scan to identify what your needs are
Practice balance breathing for 10 mins
Journaling
Nourish your body
Walk in nature
Ensure that you are getting enough sleep.

Taking breaks throughout the day- go get water, stretch ect.

Create boundaries if needed
Do your favorite activity
Mediation or practice mindfulness
Practice gratitude
Engage in a creative activity
Ideas Cont.

if you have an animal, petting animal

listen to soothing music or sounds

watch something you enjoy- for example, watch a comedy

look at photos of fond memories

If you use social media, engage with it intentionally

Go to Therapy
How to create a sustainable self-care routine

Determine which activities bring you joy, replenish your energy, and restore your balance.

Start small by choosing one behavior you'd like to incorporate.

Build-up by practicing that activity once per week.

Reflect on how you feel. Is this activity bringing you solace or is it a hindrance in your life?

Add additional activities if desired.

Get support through sharing practices from loved ones, a coach, a licensed professional (like a therapist or dietitian), or through your healthcare plan, community, or workplace.
How to find a therapist

- Ask a trusted friend or family member
- Think about what your unique needs are.
- Search the local community for resources
- Research mental health-specific organizations for specialized therapists
- Check your insurance policy
Preparing for first meeting with a new therapist

- Brainstorm what your goals in therapy are.
- What questions do you have for your therapist? Ex: What is your therapy style?
- Remember that feeling safe and fostering a positive therapeutic relationship is essential. You have full permission to seek out a new therapist if the one you have does not meet your needs.
Grief is a direct impact of racism and intersectional violence

Anti-Oppressive Psychotherapy. A trauma-informed model created and developed by Roberta K. Timothy & Mercedes Umana Garcia

Self care ideas to cope and heal from the impact of racism

- Build Safe Spaces
- Make ongoing healing plan
- Create alone time
- Express emotions and have physical release
- Eat and cook nutritious food regularly
- Create community support and information sharing
- Make space for transgenerational teaching
- Support local and transnational activism
Culturally Competent Mental Health Resources

- The Yellow Couch Collective- Support Group for Black Women
- Therapy for Black Girls
- Black Mental Health Alliance
- National Asian American Pacific Islander Mental Health Association
- South Asian Therapists
- WeRNative
- National Queer and Trans Therapists of Color
- Pride Counseling
- Latinx Therapy
Black Emotional and Mental Health Collective
South Asian Mental Health Initiative and Network
The Association for Black Psychologist
Therapy For Black Men
Asian American Health Initiative
National Queer Asian Pacific Islander Alliance
NAMI’s Compartiendo Esperanza
American Society of Hispanic Psychiatry
League of United Latin American Citizens Latinos Living Health
Social Media

curate your social media feeds. Diversify who you follow and unfollow anyone who makes you feel bad.

@nedratawwab - Therapist and talks of boundaries
@inclusivetherapists is a directory of therapists that celebrate all identities, abilities and bodies
@the.holistic.psychologist focuses on holistic healing
@thefatsextherapist - talks about diet culture, fat acceptance, sex and decolonization
@decolonizingtherapy - focuses decolonization in the mental health field
@bodyimage_therapist - Art Therapist focuses on body image and self esteem
@askdrjess - NYC psychiatrist who works to eliminate mental health stigma
@millennial.therapist- therapist who specializes in relationships but talks a little bit about everything
 @_lisaolivera is a marriage and family therapist who teaches about self-love, vulnerability, and growth
@heydrsand - Non-binary trauma therapist. who specializes in treating LGBTQ folks and eating disorders
Books