

*Be mindful of your own safety. Give yourself permission to step back if you're exposed to too much stress, pain or threats. Find your personal safe spaces - physically and emotionally - and create relationships that give you a sense of trust and confidence.*



*Be aware of the overwhelming impact of social media. Feel okay with disconnecting yourself from social media and news. Make time for things that make you happy.*

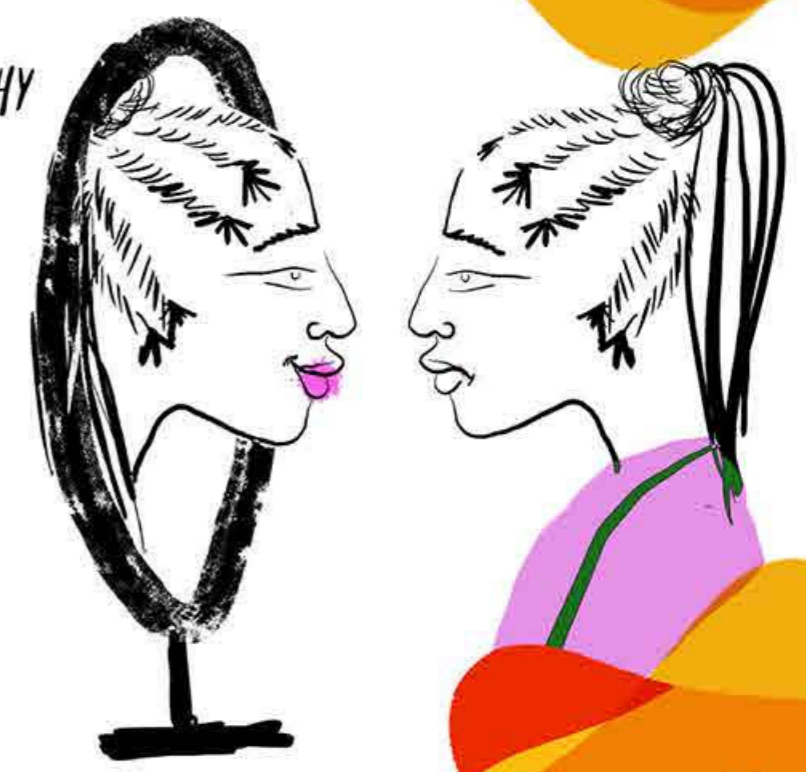
*Stay connected. Seize opportunities for warm encounters in your everyday life and create moments to meet colleagues and friends you like. Practice small acts of kindness and solidarity.*

# SELF CARE AND WELLBEING FOR ACTIVISTS

FIND INSPIRATION FOR STRENGTHENING YOUR SELF-CARE PRACTICE TO KEEP YOURSELF AND YOUR ACTIVISM PASSIONATE, STRONG AND HEALTHY



*Reach out when you need help. If you are struggling, don't keep it inside. Talk to family, friends or an affirming counsellor.*



*Praise yourself once a day. "Great, I managed it!"*

Find time for laughter, joy and gratitude. Laugh a couple of times a day at the funny things and moments of everyday life. Joy and gratitude can be found in every place in life.



Learn to say NO. And learn to say YES if you really feel like it. Saying 'no' is never an easy thing to do. But it's a way to honour your boundaries and can bring you a sense of control. It creates the space you need to recharge your batteries.



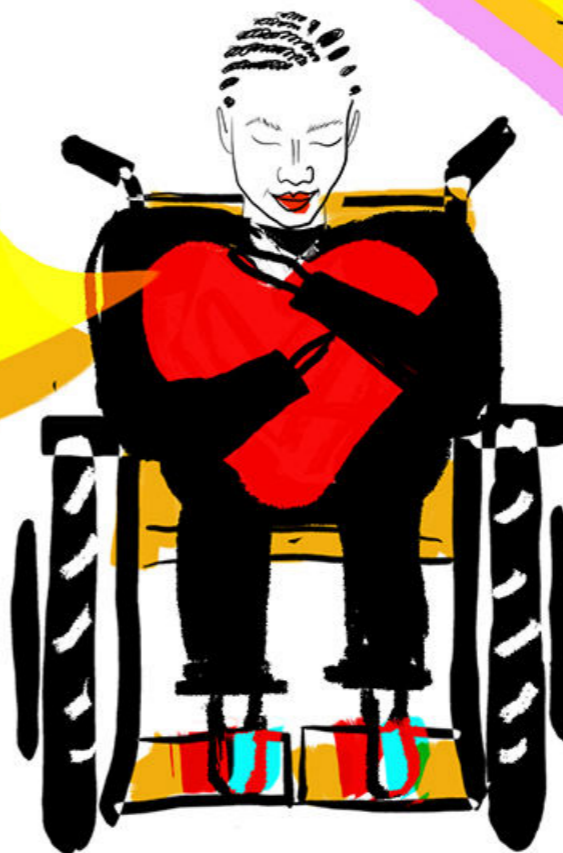
Celebrate! Take time to celebrate your achievements and those of your fellow activists, no matter how big or small. Allow yourself to feel the sense of pride, accomplishment, confidence and motivation.



Honour your needs. Take half an hour a day to rest. Ask yourself: What do I need today? Listen to your body and keep exploring until you find activities that bring serenity and help you relax. Also make sure you respect other peoples' needs.

Find ways to express your feelings. We all have our own emotional reactions to challenging situations. There is no right or wrong way to feel. Think about what could help you express your feelings. Become aware of how you react to stress and fear and also of how this can affect others.

Take time to reflect on your skills, your strengths, resources and values. Do things you are good at. Build your self-confidence, and keep it close by, it will carry you forward through challenging times.



WHAT DOES SELF-CARE MEAN TO YOU?