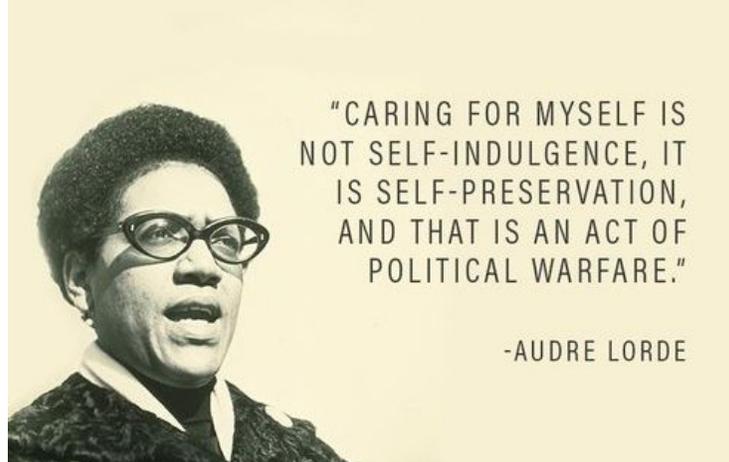


21-DAY CHALLENGE: #MOORESELFCARE

Curated by [Eddie Moore, Jr.](#), [Debby Irving](#), Tilda Kapuya, Director of Equity & Community at [San Francisco University High School](#), and [June Christian](#).



When white supremacy wears us down to the point of ineffectiveness, white supremacy wins. Because white supremacy thrives when we deny humanity, ours and others', tending to our human needs is vital. And, using the oxygen mask on the airplane analogy, we can hardly care for our collective humanity if we don't first pay attention to our own. Joy, positive energy, clarity, deep relationships, and resilience not only feel good, they are powerful forms of resistance. Though it can feel counterintuitive to take time for self-care when the world around us is in crisis and many of us have zero time for self-care, understanding and practicing self-care is not only "allowed," it is required of us. Activism is a marathon, not a sprint. We hope the below resources will help you stay physically and spiritually nourished so you can step up and stay in the intergenerational struggle for liberation.

How does one use this document? Decide how much time you have to spend on this document daily, and do as much as you can each day. There are more resources here than you probably have time for. The important thing is that you do *some* work every day for 21 days. That's how we build sustained habits.



HELP! I'M TOO BURNED OUT TO DO THIS PLAN!

Great that you're noticing your own limitations.

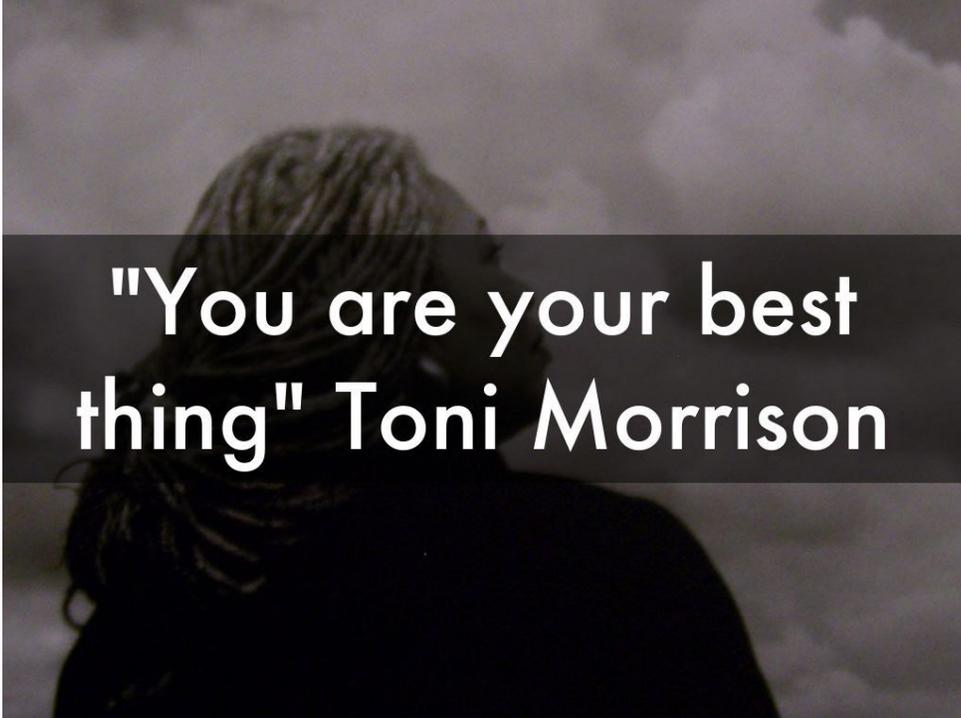
Start with the "TAKE A BREATH" items below for immediate relief.



Photo Credit: Christian Robinson (NYT)

TAKE A BREATH

- ❑ [You Feel Like Shit—An Interactive Self-Care Guide](#)
- ❑ [Auto-Cuidado/Cuidado Colectivo \(ESPAÑOL\)](#) || [Self-Care/Collective Care \(ENGLISH\)](#)
- ❑ [Guided Meditation for Activists](#)
- ❑ [Pause](#): 5-minute meditations for activists
- ❑ [Liberate app](#): meditations for Black, Indigenous, People of Color communities.
- ❑ [Calm app](#): for less stress, better sleep



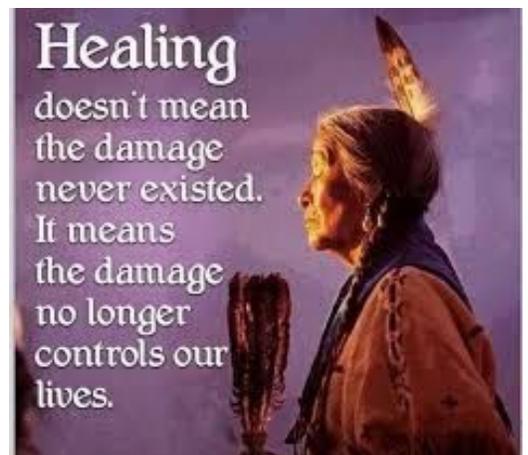
"You are your best thing" Toni Morrison

NOTICE

- ❑ Are you experiencing [Compassion Fatigue?](#)
 - ❑ [What is Compassion Fatigue? A Guide to Symptoms and Resources](#)
- ❑ Are you experiencing activism [burnout](#)?
 - ❑ [Racism, whiteness, and burnout in antiracism movements: How white racial justice activists elevate burnout in racial justice activists of color in the United States](#)
 - ❑ What are your signs of burnout?
 - ❑ What are your signs that your energy is coming back?
 - ❑ What brings you energy? What drains it?
 - ❑ What makes it hard for you to say No?
- ❑ [It Turns Out Laughing Can Help Boost Your Mental Health, Immunity, and More.](#)
 - ❑ Notice: What makes *you* laugh?
- ❑ [32 Journal Prompts for Self-Reflection and Self-Care](#)

HEAL (BODY/MIND/SPIRIT)

- ❑ [Healing Resources for BIPOC Organizers & Allies Taking Action for Black Lives](#)
- ❑ [Self-Care and Systemic Injustice by Nikkia Young, PhD](#)
- ❑ [Decolonizing Therapy](#) (on Instagram)



- ❑ [Re-becoming Human](#)
- ❑ [Rest for Resistance](#) (by QTPOC Mental Health)
- ❑ [The Body is Not an Apology](#): “Radical Self-Love for Everybody and Every Body.”
- ❑ [So You Want to Be a White Ally: Healing from White Supremacy](#)



READ

ARTICLES

- ❑ [Beginner's Guide to Self-Care For Activists | Your Dream Blog](#)
- ❑ [Self-care and prevention of burnout among activists – tools for everyday life](#)
- ❑ [Tips for Self-Care as an Activist](#) (trigger warning: includes overwhelmed crying white woman photo)
- ❑ [Self Care — POC Online Classroom](#)
- ❑ [13 Self-Care Tips For Black People Who Are Feeling Overwhelmed Right Now](#)

BOOKS

- ❑ [The Body is Not an Apology: The Power of Radical Self-Love](#), by Sonya Renee Taylor
- ❑ [In It For the Long Haul: Overcoming Burnout and Passion Fatigue as Social Justice Change Agents](#), by Kathy Obear
- ❑ [My Grandmother's Hands](#) by Resmaa Menakem

LISTEN

- ❑ [On Being](#) podcast (especially [this episode with Resmaa Menakem](#))
- ❑ [Irresistible](#) podcast (formerly known as Healing Justice)
- ❑ [Stepping Into Truth: Conversations on Race, Gender, and Social Justice](#) (Omkari Williams' podcast)
- ❑ [Mental Health in Color](#) podcast
- ❑ [The SafeWordSociety podcast](#): SafeWordSociety is heralded for archiving the authentic narratives of QTPOC+ as a social justice initiative for public broadcasting and social



networks...The hosts' mission is to create a safe space for versatility and self-definition while uplifting the stories of those that are too often muted.

- ❑ [Norma Johnson's poem "I Didn't Tell You"](#) (with ASL interpretation)

WATCH

- ❑ [Wake Up with Mindful Activism](#)
- ❑ [The Missing Ingredient in Self Care](#)
- ❑ [The Activists Guide to Self Care](#) (trigger warning: great info, very white voice)

EMOTIONAL AND PSYCHOLOGICAL TRAUMA

Race-based trauma can create symptoms and experiences much like PTSD.

Repeated race-based trauma puts your emotional, psychological, and physical well-being at risk

Mindful Isolation

Disconnect from triggering interactions or other situations that might elicit the fight-or-flight response

Discharge Energy

Find ways to exert physical energy. go for a brisk walk or run. Find (safe) ways to discharge intense anger that includes physical movement.

Ask For Help

If you find yourself unable to cope, find a trauma support group or therapist to assist you. You matter.

Community

Connect with people who you've identified as your empathetic and open support. Process your feelings with them.

Well-Being

- Feed yourself well
- Get good rest
- Avoid toxins
- Breath deep

JustJasmineBlog.com

ENGAGE & CONNECT

- ❑ [Melanin base camp](#) for POC who love, or aspire to love, outdoor adventure sports
- ❑ [44 Mental Health Resources for Black People Trying to Survive in This Country](#)

- ❑ [Black Emotional And Mental Health Collective \(BEAM\)](#) (offers free events/workshops, and other self-care resources)
- ❑ [The Trevor Project](#)
 - ❑ [Supporting Black LGBTQ Youth Mental Health](#)
 - ❑ LGBTQ Safety Guide: [Protect Your Space and Well-being on Instagram](#)



NOURISH BOBs (Black Owned Businesses)

- ❑ [Why Buy Black?](#)
- ❑ [Official Black Wall Street, the Largest Platform for Black Businesses](#)
- ❑ [Black Owned Restaurants by City](#)
- ❑ [Support Black Owned](#)
- ❑ [Black Owned Restaurants and Pop-Ups in the Bay Area](#)
- ❑ [75 Black Owned Businesses to Support](#)

LET THE MUSIC MOVE YOU



- ❑ [Music for self care: Listening to music with intention](#)
 - ❑ [Andra Day, *Rise Up*](#)
 - ❑ [Angie Stone, *Brotha*](#)
 - ❑ [Bob Marley, *Get Up, Stand Up*](#)
 - ❑ [Bob Marley, *Three Little Birds*](#)
 - ❑ [Bob Marley & The Wailers, *Small Axe*](#)
 - ❑ [Buffy Sainte-Marie, *Up Where We Belong*](#)
 - ❑ [Somos Asiaticos, *\(We are Asians\), We are the Children*](#)
 - ❑ [Colbie Cailat, *Try*](#)
 - ❑ [Danay Suárez, *Flores*](#)
 - ❑ [Indie Arie, *Beautiful Day*](#)
 - ❑ [James Brown, *Say It Loud*](#)
 - ❑ [Kirk Franklin, *I Smile*](#)
 - ❑ [Lalah Hathaway, *Breathe*](#)
 - ❑ [Lizzo, *Good As Hell*](#)
 - ❑ [Pharrell Williams, *Happy*](#)
 - ❑ [Rachel Platten, *Fight Song*](#)
 - ❑ [Sam Cooke, *A Change is Gonna Come*](#)
 - ❑ [Sounds Of Blackness, *Hold On \(Change Is Comin'\)*](#)
 - ❑ [Stevie Wonder, *Love's In Need Of Love Today*](#)
 - ❑ [Toby Mac & Sarah Reeves, *Scars \(Come With Livin'\)*](#)
 - ❑ [Tracy Chapman, *Talkin' About A Revolution \(Official Music Video\)*](#)
 - ❑ [Whitney Houston, *I'm Every Woman*](#)



WHERE DID THE IMAGES ON THIS PAGE COME FROM?

Click on the links below to find out.

- [Audre Lorde: Caring for myself...](#)
- [Burned out / Low battery charge](#)
- [Taking A Breath Warrior Pose](#)
- [Toni Morrison: You are your best thing](#)
- [Healing doesn't mean...](#)
- [Reading in the tub](#)
- [Mental Health in Color](#)
- [Emotional and Psychological Trauma](#)
- [Support Black Businesses](#)
- [Music as self-care](#)
- [We first make our habits, then our habits make us!](#)