



Self-Care & Community-Care Strategies

Developed by Rise & Shine 2022

Self-Care Strategies

- Live in the moment. Give 100% to whatever you are doing.
- Journal to get out emotions.
- Take walks.
- Make a self-care schedule.
- Turn off the phone.
- Go to a movie.
- Take a mindful shower or bath. Listen to the water, smell the soap, etc.
- Dance. Dance to meditate, be silly and think of ideas.
- Concentrate on your breath. Go “on point” by focusing on the breath in your lower belly.
- Do free outside activities.
- Do arts and crafts.

Community-Care Strategies

- Go to community events (e.g., yoga, dancing, movies). Attend with family members, community members, etc. Share information about community events.
- Call to make sure someone is okay. Invite someone (e.g., a neighbor, parent, Rise friend) to do something together that you both enjoy.
- Take care of the community together. Put garbage in the garbage can. Recycle.
- Fill and take from the community fridge and pantry.
- Engage in mutual aid. Take and give back.
- Hold / be part of block parties.
- Document community issues, advocate for change and protect people in your building and community.
- Do outreach about and create safe, non-judgmental spaces.
- Support harm reduction.
- Take courses (e.g., a trans safety course) to build your skills to keep our community safe.
- Invest in our own leadership, skills, power and certifications to advocate.
- Take anti-racism training. Invest in learning about histories of oppression and learning about culture. Share in community book exchanges.

- Do arts and crafts with friends. Take classes and be part of groups to do arts and crafts activities together. Share safe activities for kids.
- When you buy something new, give something away. Donate toys and clothes.
- Engage and care for your spirituality in community (e.g., go to church; read passages together). Find a space, path and people who are a fit for you.
- Work from a mindset of “plentiful-ness” rather than lack. Know there is a place for you. Support other people in working from this mindset (including youth/young adults).
- Remember that not all disabilities or challenges are visible. Help others to be mindful of this, too.