Tools and Resources for Fueling Yourself
UW First Generation Graduate Student Resource
developed and compiled by Core Programs, UW Graduate School

"*Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.*" --Audre Lorde

These times, and this work, require resilience—and this means investing in yourself and those practices that fuel you.

We often talk about "self-care," yet we can also work toward "communities of caring." Those are acts of self-care that involve connecting with others, finding ways to reach into your network rather than merely escaping. Ask for support, ask for an extension, practice asking for what you need with trusted allies. That said, there are times to escape. Take a social media holiday, embrace solitude and quiet, completely let go into a Netflix moment, or whatever allows you to unplug.

Pay attention to activities that calm you, restore you, re-energize you, and remind you why you are doing the work you do. We all need some of each.

And be gentle with yourself, and have patience for others whom you choose to have patience for. Everyone is tired, stressed and stretched at varying levels and for different reasons. We will each make mis-steps. Acknowledge your own limitations – and that of others – and give yourself a generous read with compassion.

Finally, anger is a super valid emotion and you need to give it room to come forward (not stuff it down). And staying triggered in anger can exhaust and deplete you. Work with trusted friends or loved ones to vent and then identify ways to move forward that work for you.

Resources:

http://thriveworks.com/blog/self-care-face-racial-injustice/

- Step away from social media
- Pay attention to sleep and diet
- Connect with loved ones
- Get involved
- Be gentle with yourself

http://www.justjasmineblog.com/blog-1/self-care-for-people-of-color-after-emotional-and-psychological-trauma

- Mindful isolation
- Community
- Discharge energy
- Invest in well-being (sleep, eat, breathe)
- Ask for help