Inclusive Community of Practice meetings, September 13th, 2021
“Tips for Mental Health Wellness While Fighting for Social Justice”
The participants created a list of self-care practices. We used this article as a resource:
Please Don’t Forget About Your Mental Health While Fighting Racism, Alexis Jones

Article suggestions:

- Connect with a mental health professional who has been trained in racial trauma.
- Practice meditation and other mind/body interventions to prevent your nervous system from being on high-alert all the time.
- Engage in joy-based practices
- Hug people more often
- Give yourself permission to engage in resistance and activism work at your own capacity.
- Make time for exercise

Participant list:

- Be in the present (not the past or future). Practice gratitude. Make a “done” list, to show your progress! Find positive examples/news. Go for a walk. Notice when you become stressed, and take a moment. Finding community.
- Giving myself permission to learn about something that doesn't relate to my job
- “Fun” projects not just “work” projects
- Impromptu Music/Dance party
- Amplify/allow space to for self expression (rather than group activities)
- Putting holds/recurring meetings on my calendar to ensure I get time to myself (either after meetings to reflect or to process how I am feeling)
● Engaging in consciousness in trauma (therapy, BIPOC groups, community)

● “Breathing Snacks”, similar to Snack Breaks

● Finding your 5 minute time for any of these opportunities

● Journaling

● Becoming more self-aware through regular check-ins.