

RESOURCE GUIDE

Balance in The Chaos: Wellness skills for Today's Challenges



FOUR STAGES OF SELF-CARE REFLECTION GUIDE



These questions are meant to guide you in your self-care and community-care work. These stages aren't linear, which means you will be weaving in and out of these stages and reflecting on these questions continuously throughout different stages of your personal care and community engagement journeys. And remember, don't let perfection get in the way of progress! Trust yourself and have grace for yourself when you make mistakes or experience setbacks and challenges. And most importantly, center your well-being, healing, and joy!

STAGE ONE: Self-Work and Reflection

1. What do I care about and why do I care about it?
2. How do my identities shape why or how I care about this?
3. What are biases, prejudices, or patterns that I need to unlearn?
4. What privileges do I need to check and understand?
5. What checks and balances have I implemented to have a holistic approach to community- and self-care?
6. Which of my four bodies (mental, emotional, spiritual, and physical) needs the most support or care right now?
7. How will I take care of my four bodies now while I go through this self-work and reflection stage?

STAGE TWO: Awareness

8. What do I already know about who I want to support or what I want to do?
9. What do I need to learn?
10. What is causing the issue I wish to address?
11. What is the history behind this issue?
12. Who is already doing this work? How am I honoring my ancestors or those who came before me in doing this work?
13. Who is for this work? Who is against it?
14. Can I support existing efforts or is there a gap I can/need to fill in my community?
15. How will I take care of my mental, emotional, spiritual, and physical health as increase my awareness?

FOUR STAGES OF SELF-CARE REFLECTION GUIDE cont'd

STAGE THREE: Action

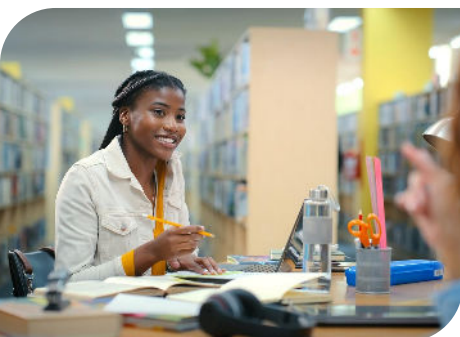
1. What are my talents, skills, and strengths that I can contribute to this issue or cause?
2. What am I going to do? How? When or by when? Where?
3. Who is my crew/squad or who are my people that can help?
4. Who's voice have I not considered? Who isn't in the room or sitting at the table?
5. Do we need materials, resources, or money to do this work? If so, what are the details?
6. Who are the key stakeholders or people (with power, authority, money, or connected to this issue in some way) that I need to either: work with, ask for help/support, nudge or challenge to do the right thing/make a certain decision, vote out or remove from power, etc?
7. What is my plan B, C, D, etc. when faced with setbacks and challenges?
8. How do I know what I/we do will help to meet the needs of our community, or transform our society in some way? How will I get this information?
9. How will I celebrate the little and big wins?
10. How do I make sure this work continues with or without me? Who else can I encourage or mentor to do this work with me and to take this work on after me?

STAGE FOUR: Caring for my Well-Being

1. How will I take care of my mental health so that I do not experience fatigue and burnout? Or when I face opposition and hate?
2. How will I care for my emotional well-being?
3. How will I care for my spiritual well-being?
4. What physical activities can I do that will support my health?
5. What are the things I can do to bring me joy and happiness? To have fun? To let loose?
6. What are things I need to do to heal from the pain I have experienced/will experience because of oppression? To feel liberated and free?
7. Who is in my corner? My sources of support and strength?
8. Who are the people that got my back or who I can turn to when I am angry, sad, frustrated, feeling hopeless/helpless, experiencing loneliness, etc.?
9. Who are the people I can celebrate wins with?
10. Who are my mentors/femtors/themtors and elders that I can turn to for guidance and support in this work?
11. How much do I rest? How will I make time for rest?
12. What are my boundaries in this work? What do I need from others to respect those boundaries? Or to hold me to these boundaries?
13. What can I let go of in this work? What is in my control and what is not?
14. What free resources are around me to support my well-being?

ARTICLES, BOOKS, VIDEOS, HELP LINES, AND MORE

- 1) **Our Resources from Today's Workshop:**
 - a) **Padlet: What does "balance" mean to you?**
 - b) **Condensed Version of the Slides Presentation**
- 2) **13 Ways To Identify Your Talents And Utilize Them**
- 3) **How to Identify Your Strengths: Discovering Where You Excel**
- 4) **10 Ways Youth Can Engage in their Communities**
- 5) **Tackling Heropreneurship**
- 6) **The Four Bodies: A Holistic Toolkit for Coping With Racial Trauma**
- 7) **Self-Care Strategies for College Students**
- 8) **The College Mental Health Toolkit**
- 9) **10 Minute Youtube Meditation for Students**
- 10) **10 Minute Youtube Self-love Meditation**
- 11) **Self-Care for Black Women - Workbook**
- 12) **Self-Care for Latinas - Book by Raquel Reichard**
- 13) **The Body is Not An Apology - Book & Social Movement**
- 14) **All About Love - book by bell hooks**
- 15) **How We Heal - book by Alex Elle**
- 16) **Bright & Salted Yoga - Black woman owned yoga w/ tons of YT classes**
- 17) **My Grandmother's Hands - book by Resmaa Menakem**
- 18) **A Guide to Mindfulness-Curated by Detroit K-12 District**
- 19) **Blackfulness - Mindfulness with cultural needs in mind**
- 20) **The Nap Ministry - Rest as activism on IG and beyond**
- 21) **The Holistic Psychologist on Instagram**
- 22) **Mantra Movements on Instagram - Armoni's Wellness Education Brand**
- 23) **Suicide Prevention Lifeline: call 1(800) 273-8255**
- 24) **Steve Fund Crisis Text Line: text STEVE to 741741 for support**



Balance in The Chaos: Wellness Skills for Today's Challenges

20 Ways to Practice Self-Care in 5 Min or Less

1.	Read a few pages of a lighthearted book	<input checked="" type="checkbox"/>
2.	Do a breathwork series	<input type="checkbox"/>
3.	Take a quick walk around the block	<input type="checkbox"/>
4.	Ask a friend for a 5 min venting session (set a timer!)	<input type="checkbox"/>
5.	Wash your face with a cold cloth	<input type="checkbox"/>
6.	Stream of consciousness journal without stopping.	<input type="checkbox"/>
7.	Make a refreshing snack	<input type="checkbox"/>
8.	Lay down in a comfy area outside or in your home	<input type="checkbox"/>
9.	Hug yourself or ask a loved one for a hug	<input type="checkbox"/>
10.	Listen to your favorite hype song of the moment.	<input type="checkbox"/>
11.	Listen to sound bowls, solfeggio frequencies, or nature sounds	<input type="checkbox"/>
12.	Practice a ritual from your spiritual belief system	<input type="checkbox"/>
13.	Speak affirmations to yourself in the mirror	<input type="checkbox"/>
14.	Do a quick full body stretch	<input type="checkbox"/>
15.	Write down 10 - 20 that you are grateful for	<input type="checkbox"/>
16.	Light a candle or put essential oils in a diffuser	<input type="checkbox"/>
17.	Watch a funny or heartwarming video	<input type="checkbox"/>
18.	Visualize yourself in a place of peace, luxury, or joy	<input type="checkbox"/>
19.	Clear out a cluttered space	<input type="checkbox"/>
20.	Create a game plan for the rest of your day	<input type="checkbox"/>