

The Recharged **Revolutionary**

A guide for everyday changemakers to recharge with self-care

everything she is

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RÉVOLUTIONNAIRE



"Anyone who's interested in making change in the world also has to learn to care of herself, himself, themselves."

- Angela Davis

We reflect on these timeless words from Angela Davis often. In the midst of great work, challenges, and strife, it is easy to become overwhelmed and often harder to accept that we need to take a step back.

However, as we work hard for a future of justice, equity, and peace, we must also make personal commitments to ourselves to practice radical self-care.

Davis goes on to say, *"It's very dangerous not to recognize that as we struggle, we are attempting to presage the world to come and the world to come should be one in which we acknowledge the collectivity, and connections, and relations, and joy. And if we don't start practicing collective self-care now there is no way to imagine, much less reach a time of freedom."*

For us, self-care and sustainability of this movement are inextricably linked. With that in mind, we've designed this Recharge Guide for you to remember to take a step back and commit to recharging, recognizing that when we are recharged, energized, and centered, we are all better for it.

Self-preservation is not selfish. Self-care is not a luxury. You deserve it and it is undeniably necessary for the work that we do. For this reason, Everything She is Co. and Révolutionnaire have collaborated to create this guide for you. We hope that this guide will help develop self-awareness, and the muscles required to prioritize yourself and cope. This is a marathon, not a sprint - and we must condition ourselves accordingly.

We are excited for you to make this guide your own as you navigate your changemaking journey.

Love,

Justice + Nia
Co-Founders, Révolutionnaire

Candice
Founder, Everything She Is Co.

What is Burnout?

Burnout, by definition, is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress or trauma exposure. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. Burnout, especially as it relates to activism and changemaking, can lead to feelings of cynicism, a sense of ineffectiveness, lack of accomplishment and ultimately, compassion fatigue.

Here are a few signs that burnout may be creeping in:

- » Anger
- » Chronic fatigue
- » Anxiety
- » Emotional numbness
- » Loss of purpose
- » Trouble sleeping
- » An increasingly pessimistic perspective
- » Feeling detached or disconnected
- » Lack of productivity



**“There is deep power in taking a break,
honoring your body and actively
participating in your deprogramming
from grind culture.”**

– Nap Ministry

Stay Aware

The key to recharging your battery is knowing that it's low to begin with and that type of self-awareness requires turning inward.

When we are tuned into our own experience, we notice our interactions with others, our thoughts and feelings, as well as our general stress level throughout the day and can use that information to act in our own best interest.

You can develop your self-awareness by:

- » Journaling
- » Practicing mindful meditation
- » Getting clear about your aspirations
- » Seeking therapy
- » Getting vulnerable with trusted friends/family

Prioritize You

Managing the impact of exposure to the trauma of others requires a daily and ongoing commitment to our own well-being. When time is short, needs are great, and we are focused on others, it can feel difficult to carve out time for ourselves so that we can be recharged and replenished.

Use the exercise below to create a plan for when practicing self-care gets hard.

What barriers get in the way of you practicing consistent self-care? How will you resist?

_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____



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

– Audre Lorde



Cope Positively

When we become extremely stressed or triggered, it is not unlikely to find ways to cope that aren't necessarily in our own best interest.

Negative coping mechanisms like overindulging in food or alcohol may temporarily give us an escape from our stressors but in the long run, increase the possibility of burnout.

Negative coping can look like:

- » Criticizing yourself (negative self-talk)
- » Becoming aggressive or violent
- » Eating too much or too little
- » Excessive alcohol consumption
- » Taking your frustration out on family or friends
- » Drug abuse
- » Avoiding those you love

Positive coping, on the other hand, provides an immediate and long-term sense of relief from stress.

Positive coping can look like:

- » Writing, painting, or doing other creative activities
- » Participating in spiritual practices

- » Exercising or getting outdoors to enjoy nature
- » Confiding in a close friend
- » Practicing deep breathing or meditation
- » Making and following through with an action plan to help solve your problems.
- » Seeking counselling if you continue to struggle with stress.

Use the exercise below to: (1) Identify your stressors and how they manifest (2) How you would usually cope and (3) How you plan to positively cope

When I feel _____ **, I will**
_____ **instead of** _____
_____ .

When I feel _____ **, I will**
_____ **instead of** _____
_____ .

When I feel _____ **, I will**
_____ **instead of** _____
_____ .



The Revolution Can Wait

With an infinite number of causes to get behind, it's easy to feel as though the work is never done and while that in part is true, the movement is only as strong as its activists. Finding time to pour into yourself, taking breaks as needed and allowing space for rest will not only make you better, but will also make sure you're offering your best self to the causes you believe in.

When finding it difficult to grant yourself rest, try:

- » Creating a list of your accomplishments - reminding yourself of how much the world has benefitted from you having the energy to pour into your cause. This practice will encourage you to do what it takes to stay mentally, physically, and emotionally well.
- » Leaning on your support group - having a group of supportive peers that will advocate for you, recognize your limits, and remind you of your value outside of the cause is crucial.
- » Starting small - if taking a one-week vacation is absolutely terrifying, start off with something small like a 30-minute nap or an earlier bedtime a few times a week. Even the smallest of steps can help reduce stress and show you are on your own side.

By learning to sustain ourselves as changemakers and name our limits, we not only create space for us to show up wholly, but we also offer so much more to the movements that mean the most to us.

So, next time you contemplate sacrificing your well-being for a cause, remember a burned out changemaker isn't beneficial to the movement or themselves.

Happy recharging!

Be sure to head to **joinrev.co** and join the conversation in the Lounge!

Looking for more ways to self-care?

Check out The Self-Love workbook by ESI **here**.