

A photograph of a person from the waist up, standing in a field of tall grass. They are wearing a light-colored long-sleeved shirt and dark pants. Their hands are clasped in front of them, holding a small, light-colored object. The background is a soft-focus view of the same field.

Self-Care Tips for Those Taking a Stand



As we welcome a new president tomorrow, I thought it would be appropriate to share self-care tips for those who are taking a stand – whether activists or those dedicated to change for a better world.

For many, the next four years will be scary and stressful. For many today, it is already that way.

SELF-CARE AND ACTIVISM

Some weeks ago, I had a conversation with my boyfriend about activism. He mentioned something important.

He said that although people will encourage others with sayings like “Get involved!” and “Go to protests and meetings!” – that it’s really not as easy as it sounds.

Being an activist, or being a human being who is taking a stand for anything – is emotionally exhausting. And taking care of yourself, is quite important.

I am not a seasoned activist, having only attended a handful of protests, but I know trying to stay informed on current event issues is exhausting to me.

Therefore, I feel a need to share my best self-care tips and gather ideas for you to take care of yourself as you continue to fight for whatever it is the world needs more of.

WHAT DO YOU NEED?

I find that I can’t keep up with all the supposed “self-care” activities. I can’t go to the spa and I can’t eat organic food often enough. I can’t go on yoga/meditation retreats enough.

Sometimes, the concept of self-care can feel really trite. It seems when everyone is trying to sell you their product, the reason you need it is because self-care. You’re being sold the idea of caring for yourself. (And I know the yoga/meditation industry is guilty of this. Looking at myself too.)

But let’s take a step back from the superfluous marketing.

Let’s ask ourselves: What do I need? I obviously need to take care of myself – because everyone says so – but what does that mean?

Break it down to what you need.

As in, find out what you actually need to nourish yourself physically, mentally, and spiritually and go do those things.

You don't have to spend a lot of money in order to embrace the concept of caring for yourself. There are three simple questions to ask yourself.

What do I need physically?

"A feeble body weakens the mind" –Jean Jacques-Rousseau

In other words: What is my body craving for? What would make me feel less tired or sluggish or sore? What would make me feel energized and feel good to be awake and alive?

The physical body is one of the more outer layers of self-care, but it's so important. Whenever I get sick, I am always thrown off by how it affects my mind and mood.

A healthy body, can lead to a healthy mind, which can lead to healthy choices.

What do I need mentally?

"I think, therefore I am." –Rene Descartes

In other words: What is my mental state? Am in a good head space? Are there emotions and stories that need to be processed?

The mental state can also affect your physical health, so it's not something you want to forget.

I think one of the greatest joys in life is being in a healthy mindset. I think anyone who has battled depression or anxiety would agree, that life feels a lot better once you take care of your mental health.

So take care by paying attention and exercising your mind too.

What do I need spiritually?

"You are not a human being in search of a spiritual experience. You are a spiritual being immersed in a human experience." –Pierre Teilhard de Chardin

In other words: What makes me feel alive? What makes me feel like I am thriving and not just surviving? What makes me feel like a human being? What brings out feelings of connection? What can allow me to "be" and not just "do"?

For me, spirituality is what makes me feel connected and inspired by my being. Spiritual activities help me find that sense of connection and inspiration.

HOW I PRACTICE SELF-CARE

So I am not a self-care expert. But I do practice what I preach.

Here's what I do...

Physically... I practice yoga for at least 15 minutes daily.

Why? Because what I need is to reconnect with my body, I've been feeling un-embodied as of late.

Mentally... I meditate for at least 5 minutes daily and I also go to therapy once a month, where I learn Acceptance and Commitment Therapy.

Why? Because I know these habits help me have a clearer mindset.

Spiritually... I play music. I read yoga philosophy. I spend time with people I care about. Recently, I started to go back to church on Sunday.

Why? Because those activities remind me of the big picture and inspires me to connect with others. When I forgot I am one with everything, those are the activities that remove feelings of isolation and the "Going at it alone" attitude I sometimes have.

I hope this blog has inspired you to consider what kind of self-care you need in your life right now.

Love love love,

Hien Hong