

Tenderness is our greatest politic, offering  
 resilience to keep fighting. Invest in  
 your community and your relationships.  
 Take care of your friends and family.  
 Sometimes tenderness looks like shutting  
 down bigotry in our closest relationships.  
 Do acts of kindness for strangers. Give  
 resources freely to leaders, artists, activists and  
 voice freely to those who have been affected by violence.  
 Compassion and empathy are our greatest  
 strengths in these difficult times.

## Tenderness AS A FORM OF SELF CARE

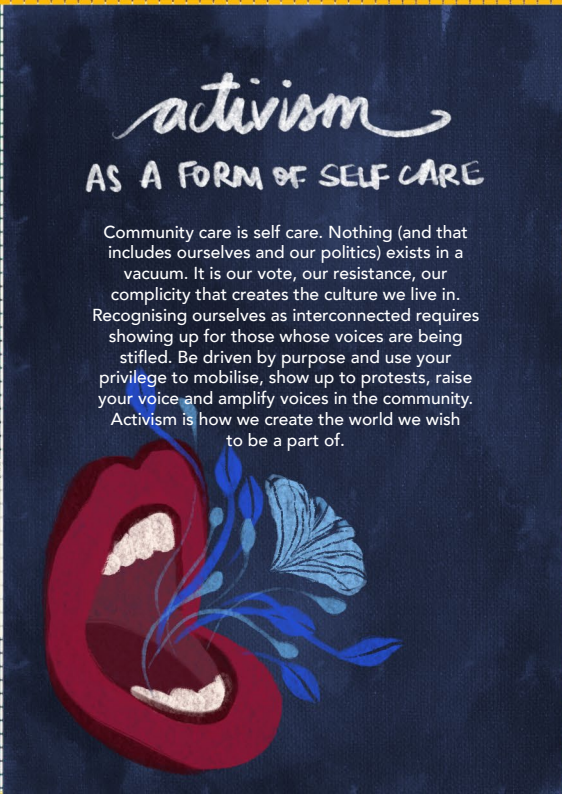
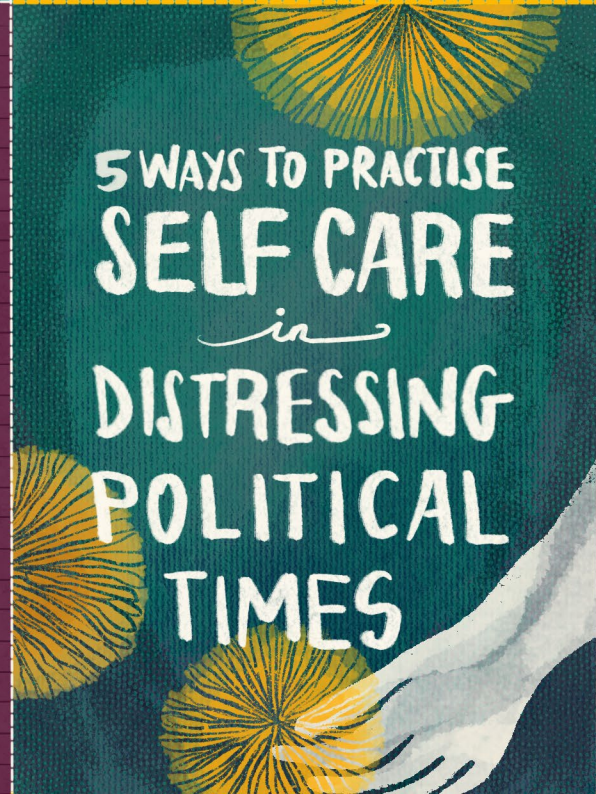
Practising tenderness begins with ourselves.  
 Let yourself experience your emotions.  
 Scream, sob, Journal if you need to. Emotional  
 release gives us clarity. Take the time to eat  
 wholesome meals slowly and mindfully.  
 Go for a walk or run. It's tempting to give  
 into the feelings of guilt and shame  
 and helplessness, neglect our bodies  
 and withdraw ourselves but that serves  
 nobody. Nutrition is a form of self care and  
 movement heals. Replace the voice of your  
 inner critic with compassion.

## Turn off TECHNOLOGY AS A FORM OF SELF CARE

It's okay to take breaks from the news cycle.  
 It's natural to feel tethered to your devices  
 but the frantic consumption of media is not  
 inherently useful without action.  
 It's okay to mute triggering stories, or turn  
 off the TV or stop scrolling through  
 Instagram. Give yourself permission to  
 disconnect for a short while so you can  
 reset. Use that time to meditate, nourish  
 yourself and rest. Before going back online,  
 take a moment to gather your thoughts,  
 reflect and strategise.

## Setting boundaries AS A FORM OF SELF CARE

Energy is currency and in limited supply so  
 save yours for people and work that aligns  
 with your values. You don't have to RSVP to  
 an argument - people who disagree with your  
 politics will try and distract you. Don't  
 continue to debate with those who are  
 committed to their own shitty morals. Say no  
 when you are unable to get involved. Take  
 breaks when you are feeling triggered or  
 drained. Block and mute liberally.  
 Self preservation is also self care.



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# 5 WAYS TO PRACTISE SELF CARE in DISTRESSING POLITICAL TIMES

## activism AS A FORM OF SELF CARE

Community care is self care. Nothing (and that  
 includes ourselves and our politics) exists in a  
 vacuum. It is our vote, our resistance, our  
 complicity that creates the culture we live in.  
 Recognising ourselves as interconnected requires  
 showing up for those whose voices are being  
 stifled. Be driven by purpose and use your  
 privilege to mobilise, show up to protests, raise  
 your voice and amplify voices in the community.  
 Activism is how we create the world we wish  
 to be a part of.

## safe spaces AS A FORM OF SELF CARE

Find your people: you are not in this alone. If  
 you hold a position of privilege, let other  
 people know you have their backs. Gather  
 with like-minded peers and mobilise together.  
 Safe spaces are our job to create as much as  
 they are to participate in. Invest in them  
 by caring for each other, by opening up  
 your doors and wallets where possible. Get  
 professional help or find a support group or  
 friend to talk to when you feel overwhelmed.





*car*ING FOR MYSELF  
IS NOT SELF-INDULGENCE  
IT IS SELF-PRESERVATION

*and that is*

AN ACT OF

*political warfare*

✧ AUDRE LORDE ✧



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