



## **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](#)

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### **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.