

Recharging Your Personal Battery

We may love the roles we serve in our communities, but it can take a lot out of us too. (Especially with work and the world we live in.)

Black women are often looked to as caretakers of our communities and families — but they also need to be cared for. Black men often feel called to protect — but they also need to be protected. Black people across the gender spectrum can feel any and all of these pressures.

It's important to recharge yourself — your mind and your body. Like a device getting charged up, regular self-care activities can help you feel your best.

Self-Care Basics

Prioritize the people, activities, and things that fill you with joy and make you feel safe and stable.

Some good ways to start:

Lean on Community

Who makes you feel like you're in a safe space, where you can be yourself? Nurture these relationships. You deserve a community you can turn to when you're stressed or when life has really been lifeing.



Move Your Body

There are lots of ways to move around. Put on some music and dance, do stretches, or play with the kids, grandkids, nieces, and nephews, for example.

Get Enough Sleep

You've probably heard this before, and it's not easy when there's a lot going on. But feeling rested really can uplift your well-being. Try to get enough sleep, even if that means going to bed just a few minutes earlier each night.



Fuel Your Body

Eat and drink what you need to feel comfortable, upbeat, and energized during the day.

If Possible, Adjust Your Schedule

Try to make time for the things that are important to you. Saying "no" to things can also be self-care.



Pick Your Pick-Me-Ups

Everyone's different — so what works for one person might not work for someone else. Find what helps you chill and feel good. Do them when you need a boost.

Here are some ideas. Check off what you've tried and make a point to do new ones:

- Take a break from social media and news stories
- Start the Cupid Shuffle
- Call a friend, share the latest tea
- Move your body
- Call your "strong" friend, check on them
- But also, rest. Check out the Nap Ministry
- Prepare Sunday dinner with your cousins or play cousins
- Play your favorite comedy — like a standup special or roundup of the most iconic Vines
- Plan the next family picnic
- Play dominoes, UNO, or spades
- Join a Juneteenth cookout or festival
- Nourish your body
- Read affirmations, poetry, something uplifting
- Meditate, set intentions for the day, do a meaningful spiritual practice
- Pull out grandma's old recipe book and invite a friend over to make a new dish
- Play a pickup game of basketball, kick a soccer ball, or throw the football around
- Breathe in for 5 counts, hold for 5, breathe out for 5, hold for 5, and repeat

Remember, self-care isn't selfish.

Don't feel like you always have to be productive — it's important to rest, recharge, and just be.

What if I Still Need Help?

If you start to feel overwhelmed, anxious, or depressed, it may be time to seek help. Find out more about the different types of support available to you on our website [TakeAction4MH.com](https://www.TakeAction4MH.com)