

Self-Care Guide To Share

for activists, volunteers, people who undertake stressful
activities



Part 2: Brochure for Others
(the * are for sections that are the same as in part 1)

Why I decided to entrust you with this brochure

Specify if this is the first time you have given this type of information to someone, if you are used to asking for help or not, and if you have difficulty asking for help.



Other potentially important information / notes

What I'm like when I'm well / when I'm in my normal state *

(e.g. how often I sleep, eat, drink, smoke, socialise, etc.)

My triggers

Triggers or specific situations that provoke unrest, after which we need to be careful.

Things I like and enjoy and make me feel better when I am stressed or unwell *

Here you can write things you can do to help yourself feel better (e.g. food, activities, games, music, a day in bed, watching a funny show, dancing, shouting, writing, meditating) when you notice some signs of stress you wrote down earlier. This list can be used to remind yourself to do these things or for others to suggest them to you.

You can look back on this section whenever you need it, you can also write motivational phrases or affirmations that make you feel good.

My ways of communication when I'm not well and I need support

I am good at expressing myself when I am not well and putting words on it; I close myself off and reject support if it is too insistent, etc.

Here you can also establish a code such as the emotional weather, a colour or number code to define your wellbeing / stress level. Instead of having to express in detail how you feel, you can do it with just a few words (e.g. sunny = everything is fine; rain = I'm sad; tornado = I'm freaking out; or a scale of 1 to 10, where 1 = I'm doing amazing and 10 = I'm in extremely sad)

Signs that do not mean that I'm unwell

Things you can do that can be interpreted as signs of uneasiness but that are actually ways of managing yourself. (e.g. if I isolate myself for 2 days, don't panic, I do that often; if I party for 3 days straight, don't panic; if I don't feel like talking, etc.)

To avoid people "annoying" you with their worries when actually you are fine!

Signs that things aren't going so well *

It can be signs you already know (I don't eat anymore, I party all the time, I answer my phone at any time of the day or night, etc.). If you are unsure, you can use your behaviour when you are well as a reference. A change in your baseline behaviour can signal that something is not well.

Warning 1: we all experience small changes in our behaviour when adapting to a new environment.

Here we are talking about big changes (e.g. usually, I sleep 7 hours a night, and now I sleep 3 or 14 hours).

Warning 2: This does not mean that as soon as you behave as described here, you are burnt out or depressed, but instead, these signs will give clues and points for vigilance.

My immediate needs if I seem like I'm in a bad state / I'm not well

-What to do: (e.g. how and where to approach the topic, things to suggest / to remind me of, etc.)

-What not to do: (e.g. don't force me to x, don't offer me x, etc.)