

# How Have I Focused on Self-Care in My Life as a Social Justice Change Agent?

**Directions:** Reflect on your own journey as a social justice change agent and ways you have centered or disregarded your own self-care in the process. The following prompts may be useful as you journal.

1. What were some of the early messages you learned about taking care of yourself? How did you learn these messages?



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2. What were some of the early messages you learned about taking care of others? How did you learn these messages?



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3. What were some of your early messages about the role of work and service in your life?



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4. Who would encourage to take care of yourself?



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5. Who would criticize you if you took care of yourself?



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6. What were some of the images and messages about how to be a social justice change agent and the role of self-care in social change work?



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When, if at all, do you remember feeling close to burnout? Experiencing burnout?

- How did you make meaning of these times of burnout?
- What did you say to yourself when you were burned out?



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8. What, if any, costs or difficulties did you experience when you were feeling more burned out?



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9. What, if anything, has helped you recover from burnout?



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10. In what ways do you intentionally construct your life to minimize the chance of experiencing deep burnout, if at all?



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