

SELF-CARE AND COLLECTIVE CARE

HOW TO AVOID BURN OUT

Another major risk from campaigning is the risk to your own wellbeing. There's no doubt about it: campaigning for gender equality can be stressful and exhausting at times. The political is personal. Taking care of our bodies and minds is very important. So is taking care of each other. Supporting our individual and collective wellness through acts of self-love and self-care will help us to overcome physical, emotional and mental challenges that come with the job of gender equality campaigning.

Self-care as an activist should be built in as a practice. In this section are some tips and resources to help you on your way.

START HERE: Use FRIDA Young Feminist Fund's tool to develop your own self-care plan!

INTERSECTIONAL FEMINISM

Depending on our identity characteristics (e.g. gender, age, sexual orientation, race, ethnicity, religion, language, ability, socioeconomic background, rural/urban livelihood etc.) we will all experience different and multiple forms of discrimination and challenges depending on our context.

READ THIS: Check out Phuong Anh's (23, Vietnam) blog on How to be an intersectional feminist or visit Plan International's Activist Hub.

IF YOU'RE EVER OVERWHELMED or need some creative inspiration, check out these awesome feminist self-care accounts on Instagram:

- 📷 Hannah Daisy, Queer artist and mental health advocate: [@makedaisychains](#)
- 📷 Feminist Voice: [@feministvoice](#)
- 📷 Ashley Lukashovsky, Hawaiian feminist illustrator and Civic Media fellow: [@ashlukadraws](#)
- 📷 Caitlin Blunnie, Feminist artist and graphic designer for Marie Stopes International: [@liberaljane](#)
- 📷 Kruttika Sursala, Graphic designer for gender, equality and girls' rights using satire and humour: <http://kruttika.com/>
- 📷 Handsome Girl Designs, Feminist self-care illustrator: [@handsomegirldesigns](#)
- 📷 Morgan Harper Nichols, Self-care advocate of colour: [@morganharpernichols](#)

LEARN FROM OTHERS:

- Luchadoras on digital self-care: <https://luchadoras.mx/internet-feminista/>
- Learn from the girls in Peru who are building self-love through [Love Yourself Art Therapy](#)
- Adrienne Mishler's [self-care for young activists and yoga](#)
- [Five ways to practice self-care as a gender equality activist](#)
- [Sorority sisterhood and self-care: pages 31-40 in Diverse and Empowered Girls Toolkit](#)



**GIRLS
GET EQUAL**

FULL VERSION OF THE YOUTH TOOLKIT FOR GIRLS GET EQUAL

[HTTPS://PLAN-INTERNATIONAL.ORG/GIRLS-GET-EQUAL/YOUTH-TOOLKIT](https://plan-international.org/girls-get-equal/youth-toolkit)