**BURN-OUT**

**FROM**

**ACTIVISM?**

source: <https://everydayfeminism.com/2015/05/dealing-with-activist-burnout/>

We have limited time, energy, and resources. Do what you can with what you have, maintaining the social support, hobbies, and self-care that replenish you and move you forward.

A coping bank is your go-to list of activities and behaviors that give you a sense of fulfillment, relief, and replenishment when you’re feeling burnout from all the activism and art making.

It can be very simple, like a list on your computer or phone, or more creative, like a jar full of ideas that you can literally draw from.

Fill your coping bank with things that you’ve tried and that have worked, and things that you haven’t tried yet that might work. Sometimes we need to switch up our responses, so don’t get discouraged if usually taking a long hike rejuvenates you, and today it doesn’t. Be prepared to experiment and have some fun trying different, new things.

**TAKE YOUR CHANCES AND PICK A CARD FROM MY COPING BANK AND SAVE IT FOR A RAINY DAY.**

**MEDITATE FOR AS LONG AS YOU LIKE**

**TAKE A WALK IN YOU NEIGHBORHOOD**

**DANCE TO YOUR FAVORITE MUSIC**

**MASTURBATE**

**READ A GOOD BOOK**

**WATCH A GOOD (OR CRAPPY) SHOW**

**VISIT A GALLERY OR MUSEUM**

**PLAY YOUR FAVORITE VIDEO GAME**

**DO A CROSS WORD PUZZLE**

**DRAW A COMIC**

**DRIVE TO THE FOREST**

**DRIVE TO THE BEACH**

**TAKE A WALK WITH SOMEONE YOU LIKE TO HAVE AROUND YOU**

**COOK/BAKE SOMETHING TASTY**

**PLAY AN INSTRUMENT**

**WASH YOUR WINDOWS**

**GARDENING, TAKE CARE OF YOUR PLANTS OR BUY A NEW PLANT**

**RE-ARRANGE SOMETHING IN YOUR ROOM OR APARTMENT**

**GO TO THE BOOKSTORE OR LIBRARY**

**WATCH MUSIC VIDEO’S FROM THE 80’S OR 90’S**

**DO SOMETHING PLAYFUL LIKE COLORING OR READING YOUR FAVORITE BOOK FROM WHEN YOU WERE YOUNG.**

**CRAFT AN “I’M LOOKING FOR …..” POSTER. IT COULD BE ANYTHING.**

**GO OUTSIDE TAKE A WALK AND SMILE TO EVERYONE YOU MEET**

**LEARN A NEW SKILL. FOR EXAMPLE: HOW TO WHISTLE ON YOUR FINGERS**

**MAKE A COFFEE, TEA IN A TAKE AWAY BOTTLE AND DRINK IT ON A BENCH IN THE PARK**

**GIVE YOURSELF A DIY MANICURE OR PEDICURE**

**DON’T SET THE ALARM CLOCK TOMORROW AND SLEEP IN.**

**SHUT OFF ALL ELECTRONICS AND LEAVE THE HOUSE**

**TAKE YOURSELF OUT FOR A COFFEE AT A NICE PLACE**

**PLAY WITH OR HUG YOUR PET**

**FIND AND ATTEND AN INSPIRING LECTURE AT THE CITY UNIVERSITY**

**READ OR WATCH SOMETHING FROM A PERSON YOU ADMIRE**

**GO SEE SOMETHING TOURISTY IN YOUR OWN CITY**

**MAKE A GREETING CARD FOR SOMEONE**

**WRITE A (CAN BE CHEESY) LOVE LETTER AND LEAVE IT SOMEWHERE IN THE PUBLIC SPACE**

**CALL SOMEONE WHO YOU KNOW WILL AFFIRM, VALIDATE, AND INSPIRE YOU**

**MAKE A PROTEST SIGN**