

# 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**