

Program in a Box: Staying Woke Require Rest Self-Care 101 for Social Justice Advocates

Do you feel like the more “[woke](#)” you become, the more stressed you are? This phenomena harkens the age old phrase “ignorance is bliss” and perhaps you’re starting to miss those days of “bliss”; before you learned about the systemic effects of interlocking oppression, the days before ideologies like “racism” & “sexism” fully penetrated your daily vocabulary. Perhaps your social justice work feels unending, emotionally laborious, or just plain stressful. This “Program in a Box” is designed to tease out, through the praxis of communal dialogue, the ways that social justice advocacy adds to our stress & how to more fully integrate “rest”. It hinges on feminist Audre Lorde’s pivotal idea that “Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

Audience: Students, faculty & staff

Potential Collaborators: _____

Learning Outcomes

- To articulate the heightened importance of self-care & work/life integration as a social justice advocate
- To strategize effective ways to incorporate “rest”
- To articulate how “rest” is sometimes the social justice work itself

Time: 1 hour

Materials:

- “Stress Relief” Tea
- Multicolored post-it notes

Optional:

- Music

Outline

*prep tea ahead of time and make a disclaimer that folks can help themselves to hot water & tea throughout the workshop. Also make clear that folks can move around, sit on floors, stand, etc. in whatever fashion makes them most comfortable.

2-3 minutes: Introductions: Who is in the room - name, gender pronouns

5-10 minutes: Pair-Share: Introduce yourself to someone you do not know

- What does social justice work mean to you?
- What does burnout look like for you?
- In what ways can social justice advocacy be stressful for you?
- How does this stress manifest for you?

5 minutes:

- On post-it notes, compile all of the reasons for any stress you might be feeling right now (re: papers, midterms, politics, campus climate, political climate, etc.) Once written, folks can put the post-it notes up all over the walls.
- *facilitator can feel free to play music here as folks write

5-7 minutes:

- As a large group, do a gallery walk of the compiled reasons why folks are feeling stressed.
 - What are some common themes?
 - Do any reasons stand out?
 - Can the post-it notes be organized into particular categories?

10 minutes: In groups of 4

- Discuss ways you combat stress.
 - How do you practice self care in stressful times?
 - How can you reimagine your stress?
 - How do you hold yourself accountable to your own self care?
 - What do you need from your communities for support?
- Compile a list within your group of 4 ways you will practice self-care

10 minutes

- Share back what your group has talked about
- *facilitator can hand out “[Staying Woke Requires Rest](#)” & “[You feel like shit, an interactive self care guide](#)”
- Have a sign-up sheet passing around for folks interested in co-creating a live-wiki about self-care/work/life integration

Live-Wiki Resource Starter

The purpose of a live-wiki is to co-create solutions in relationship with others. A live-wiki is relatively unmonitored*, has shared access, and can have far-reaching & sweeping distribution. The hope would be to add folks to a live-wiki that would continue to grow with each practice of this workshop.

[The Self-Care Project](#)

[How to Make Stress Your Friend](#)

*someone should check on the live-wiki after each workshop to make sure materials being placed on the wiki are appropriate, respectful, and apt.