

RADICAL SELF-CARE





INSPIRE TOOLKIT

The World Reimagined's purpose is to create a moment and a platform that honours the countless people and organisations who do the work of making racial equality a reality.

This toolkit was an opportunity to co-develop— with guest contributors— an easily accessible resource to share knowledge and build capacity for all.

We collaborated with individuals, organisations and community organisations to explore topics that support our community as a whole as we go on this journey.

Advice for using INSPIRE Toolkit

1. **WATCH** each session on YouTube
2. **REFLECT** on the key learning outcomes
3. **PRACTICE** the recommended activities
4. **EXPLORE** the tools & resources

Watching sessions first, will give you more context and added richness of experience.



Carolyn Baguma Allen
Senior Community Manager
Inspire Session Host &
Toolkit Curator

**Alone we can do so little,
together we can
do so much.**

- Hellen Keller



Radical Self-Care

The term radical selfcare was coined by activist Angela Davis is a prominent writer, feminist, political activist, and educator. She is most well known for her involvement in the civil rights and Black liberation movements.

Black people all over the world have been subjected to unimaginable forms of violence, such as slavery and torture. However, black people have also gifted the world with beauty, music, and art. The self-care practices developed by black people acknowledge the connection between struggle, art, beauty, and the imagination.

-Angela Davis

Radical self-care is a holistic approach that goes beyond the physical and extends to mental, and spiritual well-being.

Radical self-care is a political and empowering act that challenges societal norms and addresses systemic issues that impact individual and collective health.

Radical self-care acknowledges the connection between personal well-being and larger political, and economic systems.

The goal of radical self-care is to bring about positive change in society and address systemic oppression, alongside the improvement of individual well-being.

Watch HERE



Michelle Gayle
Actor & Author



Aicha Balde
**Occupational Therapist
& Poet**



Your self-care practice

So often, we find ourselves burning out from stress in our daily lives, and it's not until the moment we've absolutely had enough that we allow ourselves a break. But what might happen if we all took a "break" before we reached that final breaking point?

Below are the different types of selfcare outlined by Shelby Franklin in her article '5 Types of Self-Care for Your Mental Health'. These can help you reflect on your own self-care practice.

Physical:

Activities you can do to enhance your overall physical well-being to contribute to better overall mental health.

Emotional:

The act of allowing yourself to feel your emotions for what they are — with little to no judgment.

Psychological:

Activities that engage your intelligence, reflection, and curiosity

Spiritual:

Religious or not, spend time getting in touch with your inner human spirit and soul.

Professional care:

Creating professional life balance, and lessened stress may allow you to succeed in other areas of life.

Your self-care story

Consider how much time, energy, and intention you devote to the following areas of your life:

- Daily movement
- Good nutrition
- Regular sleep
- Intentional stress management
- Financial well-being
- Spiritual health and self-reflection
- Meaningful social connections
- Play and fun

Is there one category that needs more consideration?

What's one thing you could do to tend to that part of your life?



How to make self-care radical?

Self-care can become radical by incorporating a critical and political lens. By resisting systemic oppression, your self-care can become radical!

Challenge societal norms

Work towards rejecting norms that prioritise productivity and self-neglect.

Address systemic issues

Reflect on how global systems impact your well-being and address these issues through collective action.

Prioritise marginalised communities

Find ways to make self-care practices accessible and inclusive.

Embrace a holistic approach

Recognise and embrace the interconnectedness of physical, mental, and spiritual well-being.

Make self-care sustainable

Do not perpetuate harm or contribute to burnout.

Once you have **WATCHED AND REFLECTED** on the **INSPIRE** session, you can practice any of the following activities to develop your self-care routine.

- ✓ **SELF CARE REFLECTION QUESTIONS**
- ✓ **BUCKET ACTIVITY**
- ✓ **PURPOSE EXERCISE**
- ✓ **MENTAL HEALTH RESOURCES**

Self-care questions

The following questions will allow you to reflect on your state of well-being and help you develop better self-awareness.

We recommend that you consider the time and environment when completing these questions, ideally with dedicated time with no distractions. Additionally, you can ask yourself these questions regularly to ensure you are checking in with yourself.

- 1. How do I feel at this moment? Both mentally and physically?**
- 2. What am I most committed to? Why am I committed to it?**
- 3. Who or what inspires me the most?**
- 4. What do I love most about myself? What is my best characteristic?**
- 5. What am I grateful/thankful for today?**
- 6. What is one thing I can do today to help me achieve my long-term goals?**

Consider how you could make your self-care radical. What actions could you take? What societal norms could you resist?





Bucket Activity

This Bucket Activity was recommended by Aicha Balde and will enable you to narrow down the things that serve you, and start working to remove the things that don't

Step 1: Draw a bucket

Step 2: Draw a waterline that represents how you feel?

Step 3: Under the waterline, write all the things that bring you joy.

Step 4: Draw a tap coming out of the bucket and write all the things that don't bring joy or drain you.





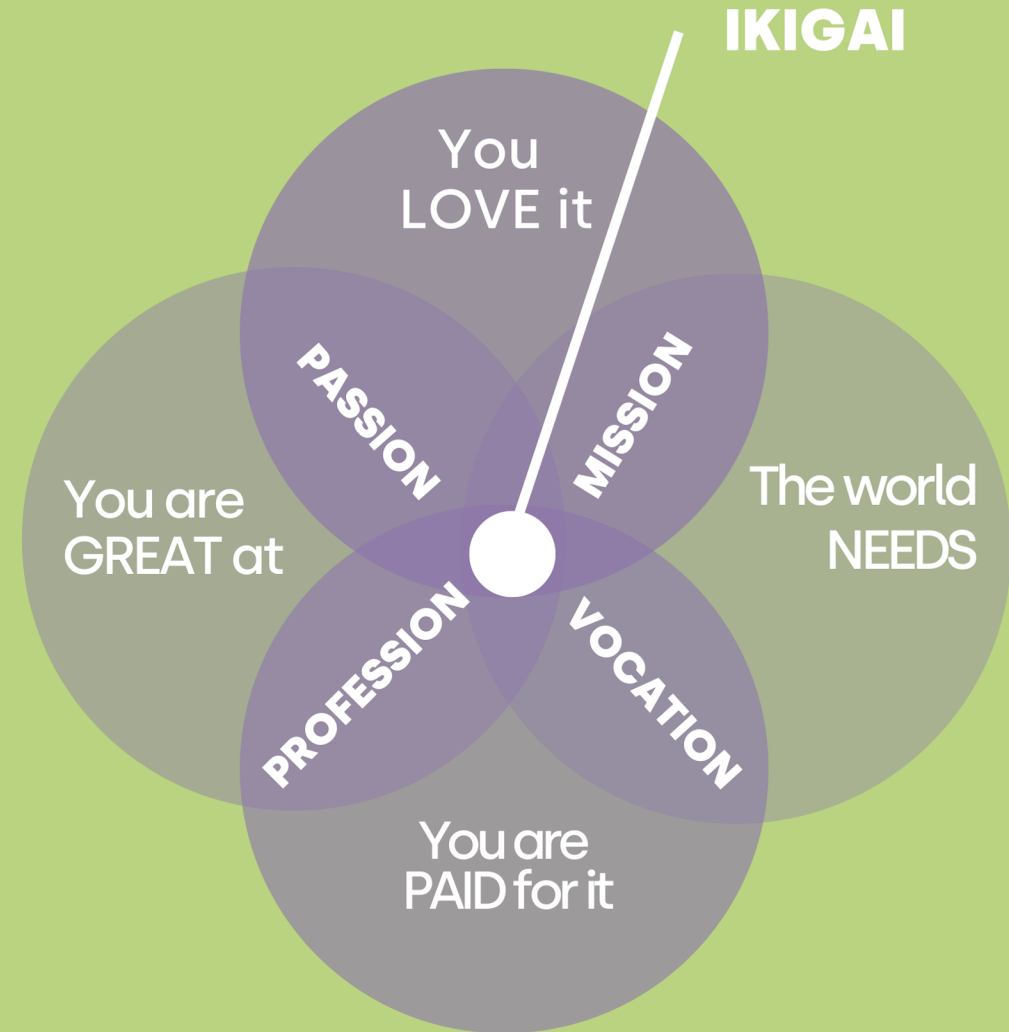
PURPOSE ACTIVITY

The concept of ikigai is said to have evolved from the basic health and wellness principles of traditional Japanese medicine that believes physical well-being is affected by one's mental-emotional health and sense of purpose in life.

Ikigai resonates with Cognitive–Behavioral Therapy's emphasis on pursuing activities that produce enjoyment and a sense of mastery, specifically as a way to alleviate depression.

The concept of ikigai as a purpose in life with both personal and social dimensions is captured by the well-known ikigai diagram, which includes overlapping spheres covering:

- ➡ **What you love**
- ➡ **What you are good at**
- ➡ **What the world needs**
- ➡ **What you can get paid for**



it is said ... everyone has an ikigai – their particular intersection of passion, talent, and potential to benefit others. It is only a matter of finding it. The journey to ikigai might require time, deep self-reflection, and effort, but it is one we can all make.

Self-reflection

In knowing yourself better you are able to discover your purpose; or the things that motivate you and bring you joy. This is a step towards resisting things in your life that do not serve you.

Try one of the following FREE assessments available online to learn more about your behaviour preferences and communication style.

[DISC Personality Quiz](#)
[16 Personalities](#)

Mental Health Resources

Often the narrative surrounding Black history is marked by the traumatic struggle against oppression. For many, learning about this history can be distressing and traumatising, particularly as this historical legacy continues to impact the lives of Black communities today.

Here are some resources to support your understanding of the impact of systemic inequalities on mental health and tools you can use to self-empower.



[Centre for Mental health:](#)
[Black-mental-health-and-self-care-time-crisis](#)

[Learning Programme: Mental Health and Wellbeing When Teaching Racial Justice](#)

Wherever you are on your journey with teaching racial justice it is important to acknowledge how the topic can have an impact on you and your participants. This session offers support, strategies and resources that will make the process safer and easier. Led by psychotherapist, writer, teacher and parent, Foluke Taylor.

[Dear Black Women Project: mental-health-resources](#)

Hundreds of resources for Black women, by Black women.

[Vogue UK: Black-mental-health-wellness-resources](#)

12 Black Mental-Health And Wellness Resources To Follow On Instagram

[Black Minds Matter: Mental Health Conversations in Black Households](#)

How to encourage conversations around mental in Black households

[Rest is Resistance by Tricia Hersey](#)

"A call to action and manifesto for those who are sleep deprived, searching for justice, and longing to be liberated from the oppressive grip of Grind Culture."



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WEBSITE: www.Theworldreimagined.org
EMAIL: inspire@theworldreimagined.org

INSTAGRAM: [@TWR__org](https://www.instagram.com/TWR__org)
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