

DAY 4: SELF-CARE FOR DEALING WITH RACISM DISCRIMINATION AND TRAUMA

SELF
CARE



WHY SELF-CARE MATTERS



Self-care protects your emotional and mental well-being, especially after difficult experiences

Self-care

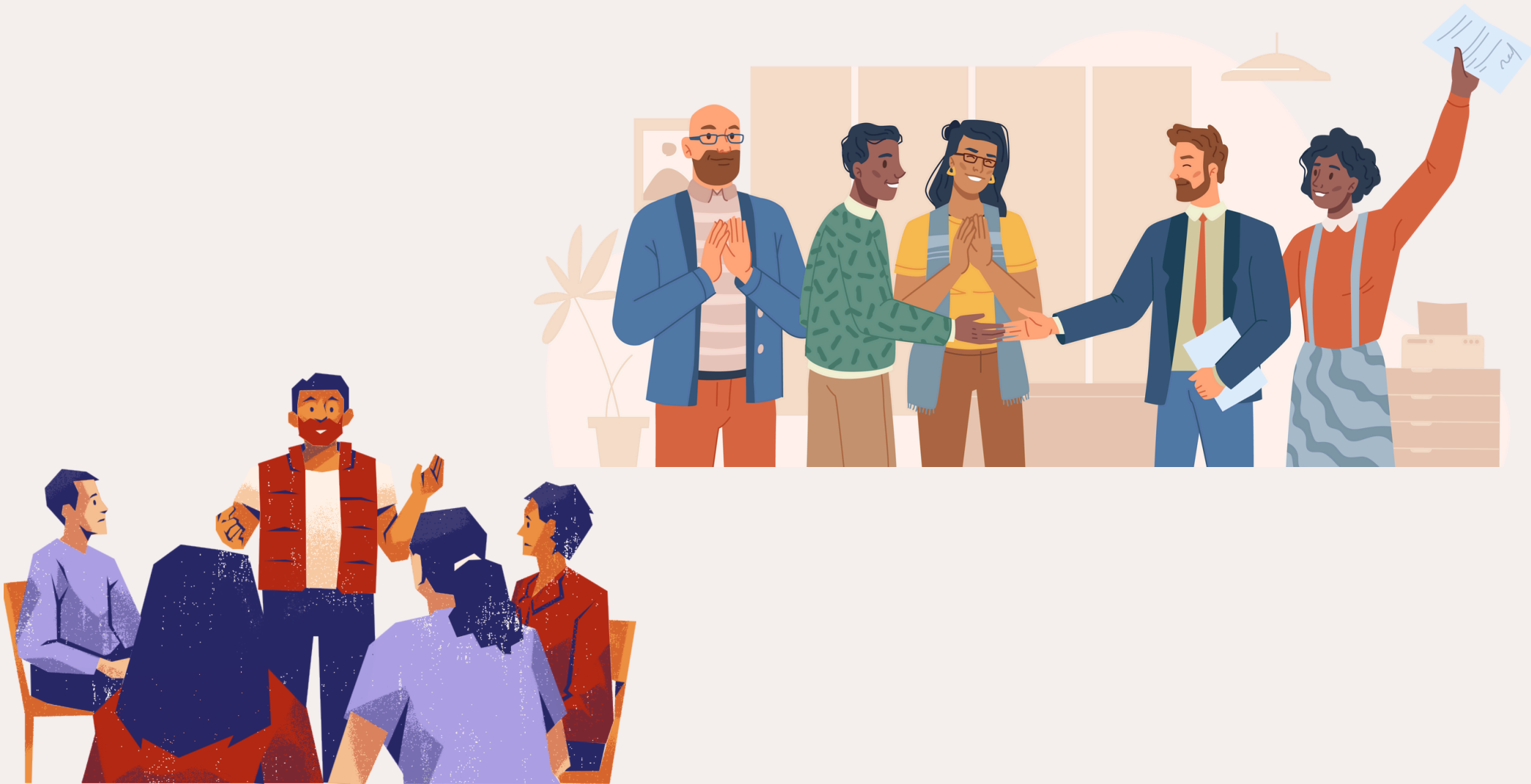
IS EMPOWERMENT



STRATEGIES

- Set boundaries to protect your energy.
- Practice grounding exercises, such as deep breathing.
- Seek support from trusted individuals or communities.

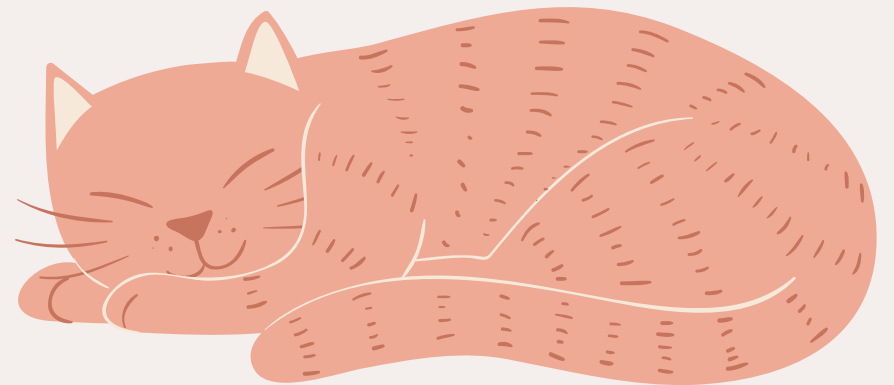
WORKPLACE SUPPORT



- Safe spaces for disclosure are essential to prevent re-traumatisation.
- Validation and understanding should always come first before any formal investigation.

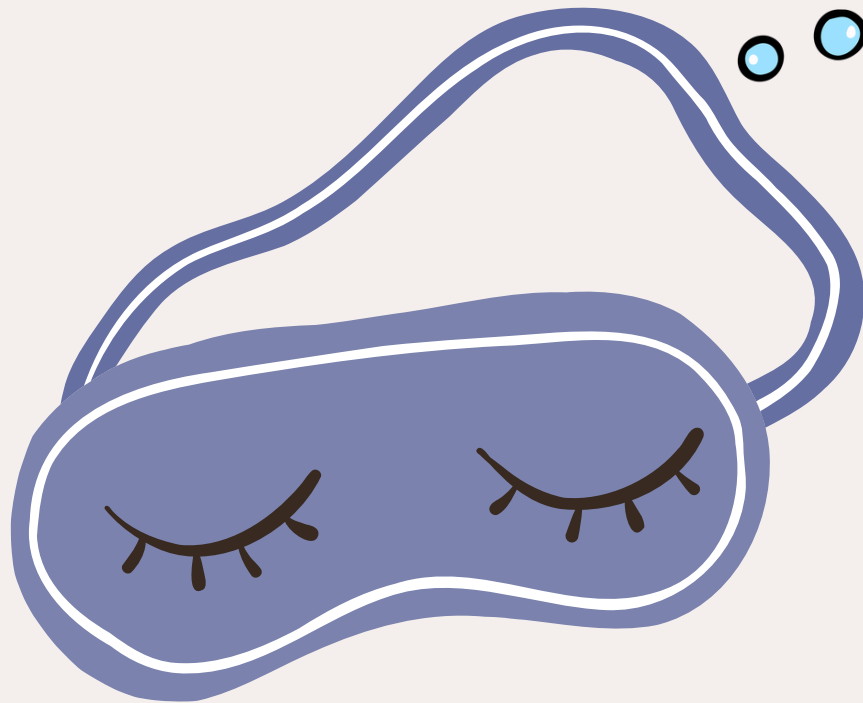
REFLECT: HOW CAN WE SUPPORT OURSELVES AND EACH OTHER?

I matter



- What self-care practices work for you?
- How can workplaces create safer environments?

WORKSHEET



- **Sections for reflection:**
 - What situations drain your energy?
 - What activities restore you?