# Rest as Resistance

A self-care journey



# Breathe.....

Take a moment to think about: (in academic context)

- One fear that has been on your mind lately.
- One **thing that excites you** about the near future.



Tracey Emin - "My Bed"

#### Burnout in Creative Education - What the Data Says

- Prevalence of Burnout: Over 55% of college students experience some degree of academic burnout.
- **Creative Fields:** 66% of artists have experienced burnout at least once, highlighting the vulnerability of creative professionals to burnout.





"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

- Audre Lorde



These are the women I want to be: strong, vulnerable, compassionate, courageous, and in harmony with themselves and nature."



Artist - María Berrío

#### "Self-love cannot flourish in isolation."

→ True self-care isn't just about the self—it thrives in connection with others.

"A culture of domination is anti-love. To truly choose love, we must learn to reject the values of domination and embrace care, connection, and compassion."

→ Self-care is not consumerism; it's about rejecting harmful systems and embracing genuine care.

- bell hooks, All About Love











Carrie Mae Weems - "The Kitchen Table Series"

### What is Self-Care?

- Emotional Care Processing feelings, setting boundaries
- Creative Care Non-academic creative time, journaling, music
- **Physical Care** Rest, food, movement
- Collective Care Peer support, asking for help



PHYSICAL	Physical self-care refers to the things you do to help you take care of your body and boost energy levels
MENTAL	Mental self-care practices help to stimulate the mind and improve brain functionality
EMOTIONAL	Emotional self-care can help you to cope with your feelings better and improve self-acceptance
ENVIRONMENTAL	Environmental self-care allows you to find the right environment so you can truly thrive
FINANCIAL	Financial self-care allows you to cultivate a healthy relationship with money so you can reduce stress
SOCIAL	Social self-care helps you to feel loved and less alone as well as improving communication skills
RECREATIONAL	Recreational self-care encourages you to tap into your inner child and make time to have fun!
SPIRITUAL	Spiritual self-care helps you to find a deeper purpose and more meaning in your life





"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."

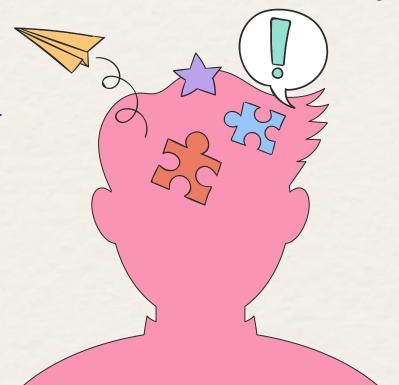
→ Self-care allows us to care for others.

- Maya Angelou



## Designing a Self-Care Plan

- 1. My biggest burnout triggers.
- 2. Quick ways to care for myself in those moments.
- 3. My self-care goals for the next month.
- 4. Who or what can support me?







## **My Self-Care Blueprint**

- 1. What does burnout feel like to me? (Draw/write a visual representation)
- 2. Three small ways I can rest daily
- 3. Self-care actions for stressful moments
- 4. Who supports me? How can I reach out?
- 5. A self-care reminder note to my future self
- 6. One word that defines how I want to feel after self-care.





# What would academic life look like if rest was valued?



### Let's just close our eyes for a few minutes...





Thank you.