

# 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

## THE 8 PILLARS OF SELF-CARE

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



***“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.