

TIPS ON SELF CARE FOR FEMINIST ENTREPRENEURS

By *BleSsed Brooks*

Feminist entrepreneurs are unapologetic about the time and effort they put into caring for themselves and their loved ones. Tricia Hersey, author of *Rest is Resistance*, once said "Treating each other and ourselves with care isn't a luxury, but an absolute necessity if we're going to thrive." Creating your own personal, intentional love language is an effective strategy to prioritize self-care and your mental health.

1 Identify what grounds you

Determine what helps you unwind after a busy day. Whether it's solitude or socializing, be sure to schedule time for activities that bring you peace, helping you balance work demands with personal rejuvenation.

2 Build your support system

Surround yourself with environments and people who motivate you to reach your full potential. Make time to check in with your loved ones who cheer you on, help you stay positive, and provide wisdom in times of stress.

3 Know your triggers

Recognize and minimize triggers that disrupt your equilibrium. Whether it's certain tasks or individuals, establish strategies to mitigate their impact. Setting boundaries and delegating tasks are strategies you can use to avoid becoming overwhelmed.

4 Establish a routine

Tailor a daily routine aligned with your natural rhythms and preferences. Whether you thrive in the morning or evening, dedicate time to activities that enhance mental and physical well-being. Take regular breaks and set clear boundaries to protect your scheduled time off.

5 Prioritize your health and well-being

Try starting or ending your day with reading, listening to music, meditation, exercise, or other mindfulness practices that can help you clear your mind, reflect, and set intentions for your day.

6 Ditch toxic behaviours

Evaluate habits that are holding you back from reaching your full potential and replace them with healthier options in pursuit of self-development.

7 Find your community

Think about how you can show up for others and vice versa on a consistent basis. What are you good at and how could this skill benefit others? Barter with your time and resources to balance your emotional and physical stress load.

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