

# CELEBRATING **10** YEARS OF **EQUITY** ON THE **MALL**

## Wellness Tips

*Your care for the world is amplified by your care for yourself. Taking time to pause, breathe and care for yourself is not stepping away from the fight for justice — it's how you sustain it.*

*These wellness practices are here to support you as continue showing up with clarity, passion and purpose.*

### **LISTEN TO YOUR BODY'S CUES**

Your body is always communicating its needs. Are you feeling forgetful, irritable, foggy or stuck? These could be signs that you need grounding, nourishment or rest.

### **DEEP BREATHING FOR STRESS RELIEF**

When the world feels like too much, get out of your head and come back to your body. Use your breath as an anchor to guide you back to the present moment.

#### **TRY THIS**

#### **BOX BREATHING**

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds
- Repeat for 3-5 rounds.

#### **OR THIS**

#### **DEEP BELLY BREATHS**

Place one hand on your heart and the other on your belly, and take deep breaths to help you relax.

[CHECK OUT THESE DEEP BREATHING VIDEOS](#)

### **GROUND YOURSELF**

When stress hits, it's easy for your mind to spiral into a cycle of negative thoughts about the future. Take a moment to remind yourself that right now, your body is present, you are safe and you feel grounded.

#### **TRY THIS**

Name 5 things you can see  
Name 4 things you can touch  
Name 3 things you can hear  
Name 2 things you can smell  
Name 1 thing you're grateful for

### **WALK IT OUT**

Take a short walk or step outside. Let nature or fresh air help you reset and reconnect.

### **STAND BAREFOOT IN THE GRASS**

Connect directly with the earth's negative ions, which have been proven to calm the nervous system. You don't need to understand exactly how it works — trust that grounding yourself in nature reminds your body that you are safe, supported and connected to something bigger than yourself.

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## HYDRATION CHECK

Did you know dehydration is linked to brain fog, headaches, and muscle tension?

Take moments throughout your day to drink water. Hydration supports clarity and helps you feel better in your body.

## MOVE YOUR BODY

Movement is medicine for the body. Regardless of the intensity level, intentional movement helps release stress and bring you back to yourself.

### ACTIVE MOVEMENT

Get your heart rate up and sweat out the stress with activities like running, dancing, sports or strength training.

### GENTLE MOVEMENT (YOGA OR TAI CHI)

Flow with purpose. These practices support nervous system regulation and inner peace.

**THESE PRACTICES ENERGIZE  
YOUR MIND, STRENGTHEN  
YOUR BODY & INCREASE  
YOUR RESILIENCE**

## NOURISH YOURSELF

What you eat and drink can support or drain your energy — especially when you're engaged in advocacy work.

- ✓ Choose foods that energize and ground you
- ✓ Notice how heavier meals may leave you feeling sluggish
- ✓ Don't skip meals — your energy is needed, and food is fuel

## MEDITATE

Meditation isn't about silencing your thoughts. It's about learning to observe your thoughts without being consumed by them.

As you sit, notice your thoughts passing by like clouds in the sky. Allow them to come and go without attachment. Start with just a few minutes per day and work your way up. Over time, you'll strengthen your ability to detach from overthinking and create inner spaciousness

[CHECK OUT THESE MEDITATIONS TO GET STARTED](#) ←

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### **REGULATE YOUR NERVOUS SYSTEM**

Regulating the nervous system helps us return to a sense of safety and balance in our minds and bodies, especially after stress or overwhelm.

#### **EFT TAPPING**

Try Emotional Freedom Technique (EFT) tapping to relieve stress. Tap gently on acupressure points while speaking affirmations.

[CHECK OUT THIS EFT TAPPING VIDEO](#)

#### **TRY THIS BREATHWORK SESSION**

##### **GUIDED BREATHWORK**

Find solace in guided breathwork sessions that rejuvenate your mind and alleviate stress from your body.

### **REFRESH BETWEEN MEETINGS**

Don't just power through your day. Even five minutes of mindful meditation and deep breathing can reset your nervous system.

Try this [5-Minute Meditation](#) to ground yourself and bring fresh energy into your next meeting.

### **COMMUNICATE YOUR CAPACITY**

Try saying things like:

- "I'd love to support this, however, I am currently at capacity. May we revisit this when I have more space?"
- "Can we reassess priorities so I can show up fully to what matters most?"

### **HONOR YOUR NEEDS & ASK FOR SUPPORT**

You are not a machine. You are not alone. Reach out and receive help when you need it.

### **EXAMINE YOUR RELATIONSHIP WITH REST**

Sometimes our lack of rest is signaling something deeper within our subconscious. Journaling can offer clarity. Use these prompts to help you explore your relationship with rest and cultivate deeper self-compassion:



**"ARE THERE ANY FEELINGS OF SHAME OR RESISTANCE THAT COME UP WHEN I THINK OF RESTING?"**



**"DO I TRUST THAT THE WORK WILL CONTINUE IF I STEP AWAY?"**



**"IF YES, HOW CAN I HONOR MY NEED FOR REST?"**



**"IF NO, IS THERE A RELATIONSHIP BETWEEN MY SELF-WORTH AND MY PRODUCTIVITY?"**

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### **HOLD SPACE FOR YOUR EMOTIONS**

Advocacy work can sometimes bring up emotions — rage, grief, hope, exhaustion, disappointment. All of it is valid. All of it deserves to be seen, felt, held and honored.

#### **TALK TO TRUSTED PEOPLE OR PROFESSIONALS**

You don't have to hold it all alone.  
Call a trusted friend/family member. Join a support group.  
Talk to a therapist.

Speaking your truth is an act of liberation.

#### **TRY JOURNALING FOR REFLECTION & RELEASE**

Pour it out. No judgment. No filter.

**PROMPT IDEA:**  
How can I be gentle with myself today?

#### **COMPASSIONATE SELF-TALK**

The voice in your head can be your greatest ally. Practice speaking to yourself like you would a beloved friend:

- “I’m proud of how I keep showing up.”
- “It’s okay to rest. Rest is part of the work.”
- “I’m navigating hard things with courage.”
- “I am enough. I release the need to measure my worth by productivity alone.”

### **PROTECT YOUR ENERGY**

The fight for justice can be long and enduring. You are allowed to rest along the way. You're allowed to protect your energy. You're allowed to nourish yourself. You're allowed to say 'no'. Taking breaks doesn't mean you've stopped caring — it means you're choosing to care for yourself, too.



#### **TAKE BREAKS:**

You don't have to wait until burnout to take a break. Step away. The world will still be here when you return.



#### **LIMIT DOOMSCROLLING:**

Stay informed, not consumed. Take in what you can, then step back.



#### **SET BOUNDARIES:**

Remember, a “no” to what drains you is a “yes” to your well-being. Choosing yourself is a radical act of self-love.

Reflect: How have you honored your boundaries recently, and what did that make possible for you?

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## SHIFT YOUR MENTAL FOCUS

*Pay attention to your thoughts and words.*

Your mind naturally scans for danger, but constantly focusing on what could go wrong creates mental momentum that increases suffering.

Instead, choose to redirect your focus. Remind yourself of your resilience, creativity, and capacity to navigate challenges. You've found a way through before, and you will again.

## THINK ABOUT YOUR STRENGTHS

ASK YOURSELF:



**“HOW HAVE I BEEN RESOURCEFUL IN THE PAST?”**



**“WHAT RESILIENCE AND CREATIVITY CAN I DRAW ON NOW?”**



**“WHAT CHALLENGES HAVE I OVERCOME THAT ONCE FELT IMPOSSIBLE, AND WHAT DOES THAT SAY ABOUT MY RESILIENCE AND CAPABILITIES?”**

## STILL FEELING STUCK IN WORST-CASE THINKING?

Try this [de-catastrophizing worksheet](#) to shift your perspective.

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### REPLENISH YOURSELF AFTER WORK WITH THESE PRACTICES

#### SELF-APPRECIATION

Before you finish your workday, take a moment to express gratitude to yourself for any accomplishments you've achieved, big or small.

#### SCRUB AWAY THE DAY

Water has a way of washing away more than just dirt. Take a hot bath or shower to release the energy of the day. Visualize the stress leaving your body, watching it swirl down the drain. Feel yourself lighter and renewed.

#### EXPRESS YOUR CREATIVITY

- Paint. Draw. Craft. Create.
- Make something just for the joy of it.
- Allow creativity to soothe your soul.

#### DO THINGS THAT BRING YOU JOY

- Watch your favorite movie.
- Laugh deeply.
- Enjoy time with loved ones.
- Sing, dance, play - honor your inner child.

#### SPEND SOME TIME IN NATURE

- Step outside.
- Breathe deeply.
- Feel the sun, the wind, the ground.
- You are safe and supported.

#### CONNECT WITH YOUR PEOPLE

- You are not alone.
- Lean on your community.
- Offer your presence.
- Together we can overcome anything.

#### PRACTICE GRATITUDE

Not to bypass the hard, but to honor what's good.

#### GET SOME SLEEP

Rest is not a retreat. It's a return to yourself.

#### ALWAYS REMEMBER

You are resilient, your existence is proof of that.  
Taking care of yourself is taking care of the movement.  
You are doing a great job.

**THE FIGHT IS A WORTHY CAUSE — AND SO ARE YOU.**

**“KEEP GOING. KEEP BELIEVING.  
KEEP POURING INTO YOURSELF.  
THE WORLD NEEDS YOU —  
WHOLE, RESTED, AND WELL.”**

**WHICH OF THESE PRACTICES WILL YOU TRY TODAY?**