

Looking for different methods of self-care? Check out what the National Youth Leadership Council's Youth Advisory Council Members and NYLC Staff do to make sure to take care of themselves to be able to do social change work effectively. Connor, a member of NYLC's YAC, says it best, **“Self-care is paramount in order to sustain the leader in us.”**

Self-care is important to me because it helps me be my best, most confident, and most able self. When things go awry and I don't take care of myself, it becomes a cycle of stress that's much more difficult to get out of, and eventually needs to be undone by self-care at some point. I feel like a tornado of negativity when I don't care for myself like I should. “Me time” matters! I have to remind myself of that sometimes, but it really makes a difference. When I'm taking a break from what's bothering me, I like to take a walk, clean, do laundry, or other chores to make my space feel lighter and more free.

Sarah Bassett,
NYLC Curriculum and Training Specialist

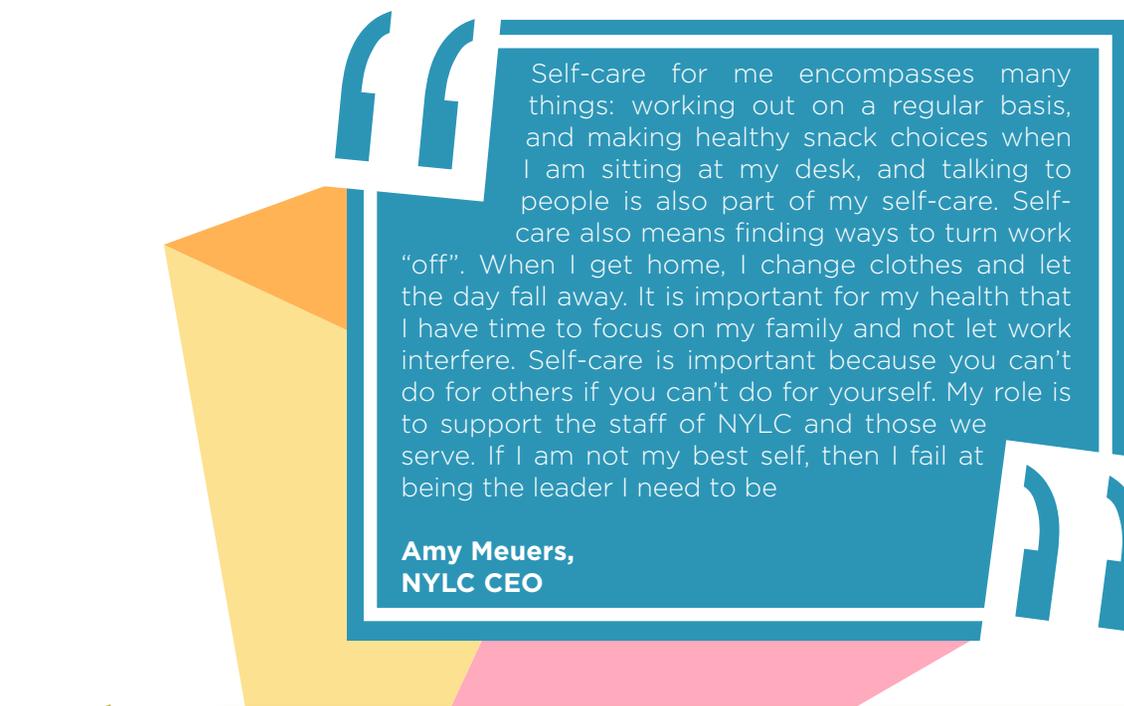
I admittedly neglected self-care all of my life until probably just this year. I believe that the first and most important aspect of self-care is an intentional effort to understand myself and my needs. I have to know what makes me happy and healthy in order to pursue happiness and health. Self-care is important to me because it directly relates to my self-worth. I think our society urges us to think backwards—to believe that our self-love should be contingent upon meeting goals (i.e. “I'll love myself when I get this job, pass this test, make this amount of money, lose this amount of weight, have this many friends, etc.”). I've found that self-worth actually works the opposite way: the more compassionately I treat myself, the higher my self-worth. I like to remind myself of the backwards golden rule. I see so many people shower their friends and loved ones with compassion, then entirely neglect themselves. I'm guilty of this, as well, so I like to remind myself to show myself the same compassion and kindness I show my friends and family.

Hannah Reece,
NYLC Program and Training Coordinator

Self-care is important to me because my body and health are important to me. When you're not feeling good or you are burned out, you won't function as well. As a young sleep-deprived teenager, I have a tendency to fall asleep in random places. By taking care of myself, I'm more active and participant in my classes and daily life instead of dozing off in class. I make sure to prioritize my health, especially during finals weeks. I remove myself from my work, and I make sure to practice relaxation exercises such as taking deep breaths. In terms of a good self-care activity, it's important to be practical. The activity must be applicable in different situations and people.

Ricky Yoo,
NYLC Youth Advisory Council member





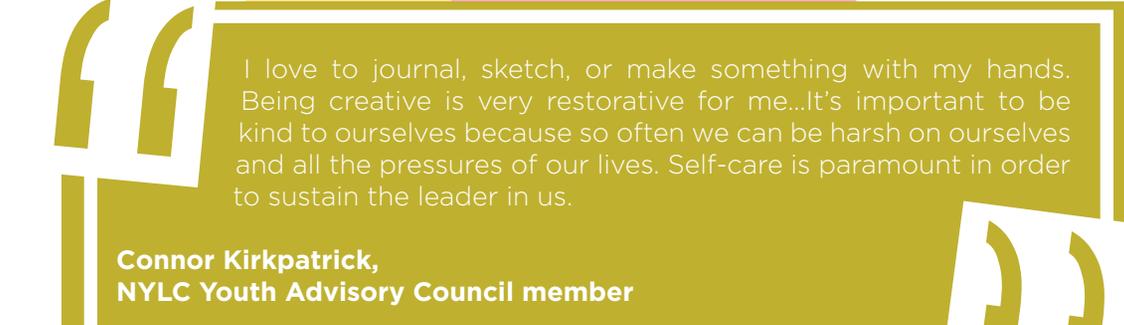
Self-care for me encompasses many things: working out on a regular basis, and making healthy snack choices when I am sitting at my desk, and talking to people is also part of my self-care. Self-care also means finding ways to turn work “off”. When I get home, I change clothes and let the day fall away. It is important for my health that I have time to focus on my family and not let work interfere. Self-care is important because you can’t do for others if you can’t do for yourself. My role is to support the staff of NYLC and those we serve. If I am not my best self, then I fail at being the leader I need to be

Amy Meuers,
NYLC CEO



Self-care is something I have to be very intentional about and continuously remind myself of its importance. When engaging in self-care, I create positive spaces and share my feelings with loved ones. I also find solstice in being around water whether that’s swimming indoors or around a natural body of water. However, my most self-empowering aspect of self-care when I am going through a particularly draining or stressful time with my work or with activism efforts is that I take temporary space away from others and focus my energy inwards. Taking time to re-center my thoughts and feelings helps me help others more effectively in a more sustainable way.

MaryKathyrine Tran,
NYLC Youth Initiatives Promise Fellow



I love to journal, sketch, or make something with my hands. Being creative is very restorative for me...It’s important to be kind to ourselves because so often we can be harsh on ourselves and all the pressures of our lives. Self-care is paramount in order to sustain the leader in us.

Connor Kirkpatrick,
NYLC Youth Advisory Council member



Self-care for me is being alone and retreating for a while. Some may see it as isolation, but as a textbook introvert, it’s really important for me to have alone time each day. Usually this involves reading or watching a show (and snuggling with my bear).

Kate Krug,
NYLC Marketing & Communications
Associate



I think it’s important to make sure that my self-care is truly self-care and not just being lazy. It’s easy to think that watching 5 episodes of the Real Housewives is self-care but in reality it’s usually just me avoiding yard work. When I think about self-care I think about what makes me truly feel better which is being around people that I love. Playing pinochle with my family, a long phone call with my best friends, a sunny patio with my boyfriend. These things make me feel lighter, happier, and ready to take on the crazy world.

Elizabeth Koenig,
NYLC Professional
Development Director