

Self-Care Presentation:

Making Waves for Democracy Meeting

May 31, 2026

Xiomara Flores-Holguin

Xiomara reiterated what the research shows: "self-care" practice and activities help us in many areas of our lives. Self-care practices and activities are important and critical to our emotional and physical well-being. Therefore, as we get ready for the final stretch of the elections and need everyone to participate, we presented a short video outlining what we need to do to avoid political exhaustion. Sociologist Tressie McMillan's video addresses the question, "What's the best way to deal with political exhaustion?"

Participants shared their own self-care and activism practices via chat:

- Terry noted the more she does, the more energy she has.
- Karen mentioned weekly overpass protests and a monthly comedy show.
- Jill shared that she volunteers feeding people.
- Valerie noted she is observing at vote centers.
- Kay shared she posts a daily protest song.
- Analisa stated "activism builds optimism.
- Xiomara: Shared that she has been involved since 2016 and volunteers for the Voter Protection Hotline.
- Barrie connected the concept to mental health principles, noting that movement and action stimulate positive nervous system responses compared to immobilization.