



extinction  
rebellion

## Self Care Keywords

- A **neurotypical** person is somebody who doesn't show symptoms of autism, aspergers, or mental health issues.
- Remember that being healthy isn't just about the physical health – remember your **emotional and mental health** needs consideration too
- An **introvert** regenerates energy by themselves. An **extrovert** regenerates by being social. Most people are **ambiverts** – a bit of both, and often depending on circumstance or mood.
- **Safe Spaces** are places where you feel physically and/or emotionally secure.
- **Emotional Labour** is best described as a type of responsibility – it's taking on the emotional weight of a situation, and also often responding to it 'appropriately' regardless of how you actually feel.
- **Support Circles** are the people around you who help you out when you're struggling. It could be your family, your friends, but it's often more specific than that – people you go to for help or advice because you trust them to treat you with respect and do their best to help you. This is what your 'anchor' is supposed to be. **Burnout** is when someone experiences emotional and physical exhaustion, and often a loss of self-esteem, as a result of overly stressful experience. It can be managed through self-care and development coping mechanisms.
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## How to create a safe space

- Identify the stress factor – is it internal or external? Is it something you have control over?
- Choose and use a coping mechanism that you have practiced, and which you know works for you
- If it does not work, distance yourself from the situation

## Suggestions for coping mechanisms to try

Mental:

Physical:

- Eat properly
- Sleep properly
- Rest
- Exercise
- Self-awareness