Self Care for Creators.

Pre-Session: Reflect on Your Current Practices!

What things do you currently do for self-care?

Do you think you currently engage in proactive or reactive self-care practices?

Is your current workflow conducive to consistent self-care - why or why not?

Have you ever experienced burnout as a creator? What do you think caused it and how do you think you can prevent it moving forward?

Put it Into Action: Building a Self-Care List

Instructions: *Often we know what makes us feel better, but day-to-day we forget to engage in it or we lean into easier, but not as refreshing coping mechanisms. Some of us also struggle with decision paralysis - so we know we need self care, but what do we want to do? Building a list of self care things you can do to meet different needs can make this process easier.*

Need: Socialization / Connection	**Need: Solo Recharge Time**
(ex: fortnite with pals, board game night IRL, date night with your partner)	**(ex: taking a bath, reading a book, listen to a podcast, playing a game solo, etc)**
1. _____ 2. _____ 3 _____ 4. _____ 5. _____	1. _____ 2. _____ 3 _____ 4. _____ 5. _____
Need: Mental Reset	**Need: Inspiration**
(ex: cleaning your desk, clean up OBS, go for a walk, journaling for 10 minutes, scheduling a therapy session etc)	**(ex: work from a coffee shop, plan a weekend trip, attend an online workshop, do a brainstorming session, etc)**
1. _____ 2. _____ 3 _____ 4. _____ 5. _____	1. _____ 2. _____ 3 _____ 4. _____ 5. _____

==If there's a need unlisted here you want to add, feel free to do so below==

Need: _____

1. _____
2. _____
3 _____
4. _____
5. _____

Post Session: Reflecting on / Setting Your Boundaries

Take these questions with you after the session to start developing a set of established boundaries or reaffirming what you have in place and making sure it's still comfortable for you as a creator. Knowing your boundaries and being able to communicate them will help prevent being burned in this industry and will help you be clear in your vision for the future.

What is a comfortable stream length for you? How many breaks do you need in a stream of that length? How long will your breaks be?

Will you ever do long celebratory streams and if so, how often are you comfortable doing them?

What kind of relationship are you comfortable having with community members? Can they DM you? Will you join VCs with them in Discord to play games or watch movies? etc.

Do you play with viewers on stream? Will you VC with them? Are there only specific subset of viewers you're comfortable with?
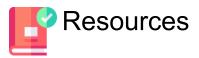
Do you do co-streams or collaborate with other creators? Are there limitations to WHO and WHAT type of content you'll do collab-style?

Are there certain topics that are off-limits for you or that you keep private? Are there some platforms you're more comfortable with sharing certain information?

Do you do charity / mutual aid events? If so, are there specific things you raise funds for only? How often?

Do you do brand campaigns and work with companies? If so, what are your pay rates? What kind of deliverables are you willing to do?

Resources

Streaming Basics Checklist: https://solarstream.gg/courses/streaming-basics/

Developing Burnout Resilience: https://solarstream.gg/courses/self-care/#class-2

Scheduling & Consistency: https://solarstream.gg/courses/streaming-basics/#class-6

Rise Above The Disorder: https://youarerad.org/