



Self-Care Tips for HIV Advocates

HIV advocacy can be hard work. Check out these self-care tips to stay motivated and maintain emotional resilience.

February 10, 2025 By POZ Staff

HIV advocacy can be hard work. It often involves confronting difficult and emotionally charged issues—such as stigma, discrimination and loss—which can lead to exhaustion or burnout. The practice of self-care can help HIV advocates maintain emotional resilience and be more effective in their efforts to bring about positive change in the HIV community. Check out these self-care tips:

Nourish your body.

Exercise regularly, eat well-balanced meals, stay hydrated and get enough rest. Taking care of your body will increase your energy, improve your mood and boost your immune function.

Doriot Kim

Set boundaries.

You can't be an effective advocate if you're burned out. Know your limits and establish clear boundaries to ensure you have time for yourself.

Doriot Kim

Unplug when needed.

Take a break from the news, social media or other sources of information if they are angering or frustrating you. Be mindful of how much time you spend online and the type of content you're consuming.

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Pursue your passions.

Engage in activities or hobbies that bring you joy and help you unwind, such as painting, gardening, reading or cooking.

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Practice relaxation.

Try mindfulness meditation, deep-breathing exercises or yoga to reduce stress and calm the mind, which will help center you amid challenging work.

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Celebrate your progress.

Advocacy can be an uphill battle, but it's important to acknowledge the small victories along the way toward achieving your goals. Celebrating even minor successes can provide motivation and a sense of purpose.

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Acknowledge your emotions.

It's OK to express your emotions, including sadness, frustration or grief. Ignoring your feelings can negatively affect your mental and physical health.

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Find support.

Seek supportive friends, colleagues or a mentor. Talking to others who understand the emotional challenges of HIV advocacy can provide solace.

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