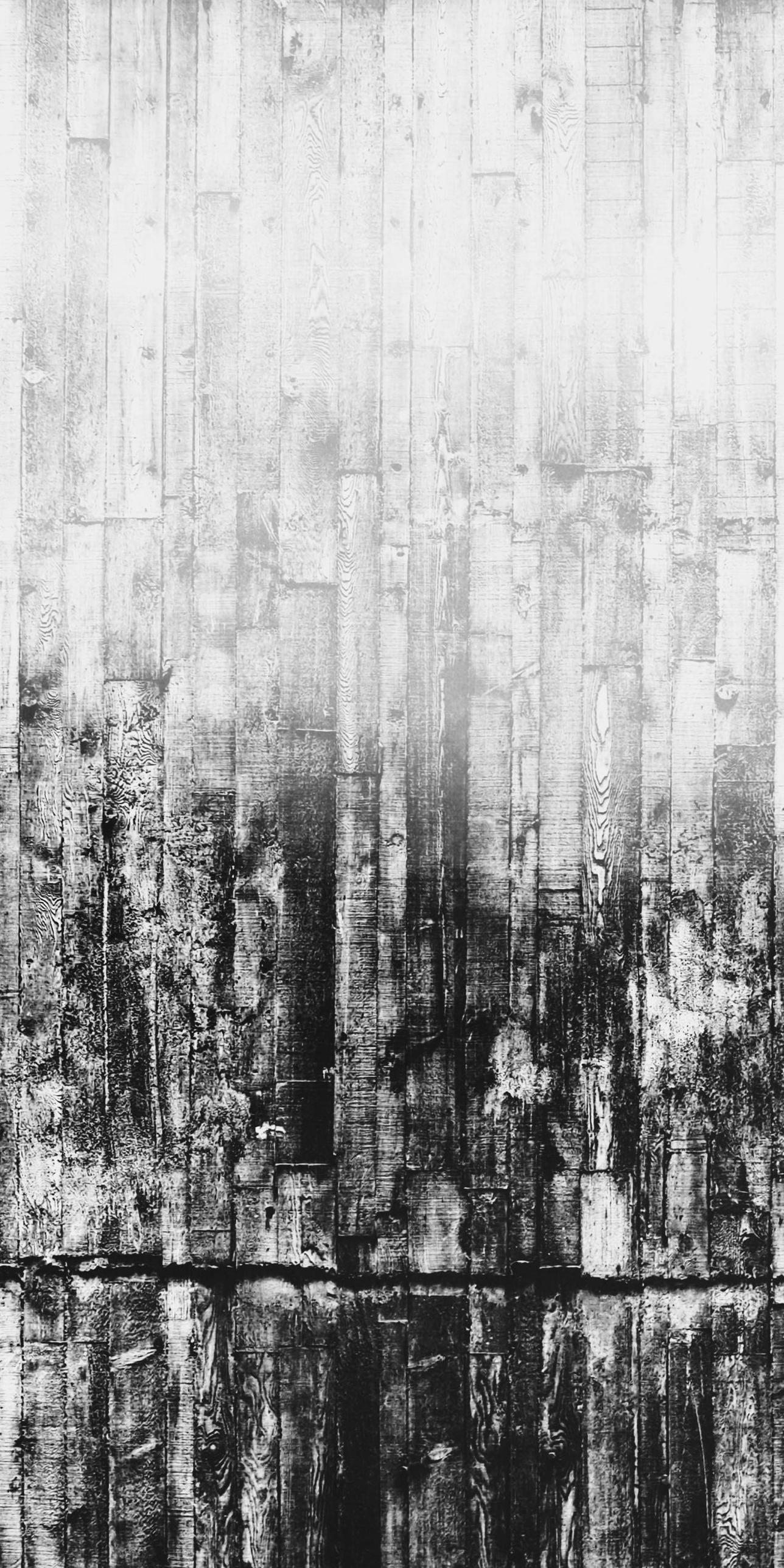
A Barista Self-Care Zine





A Barista Self-Care Zine

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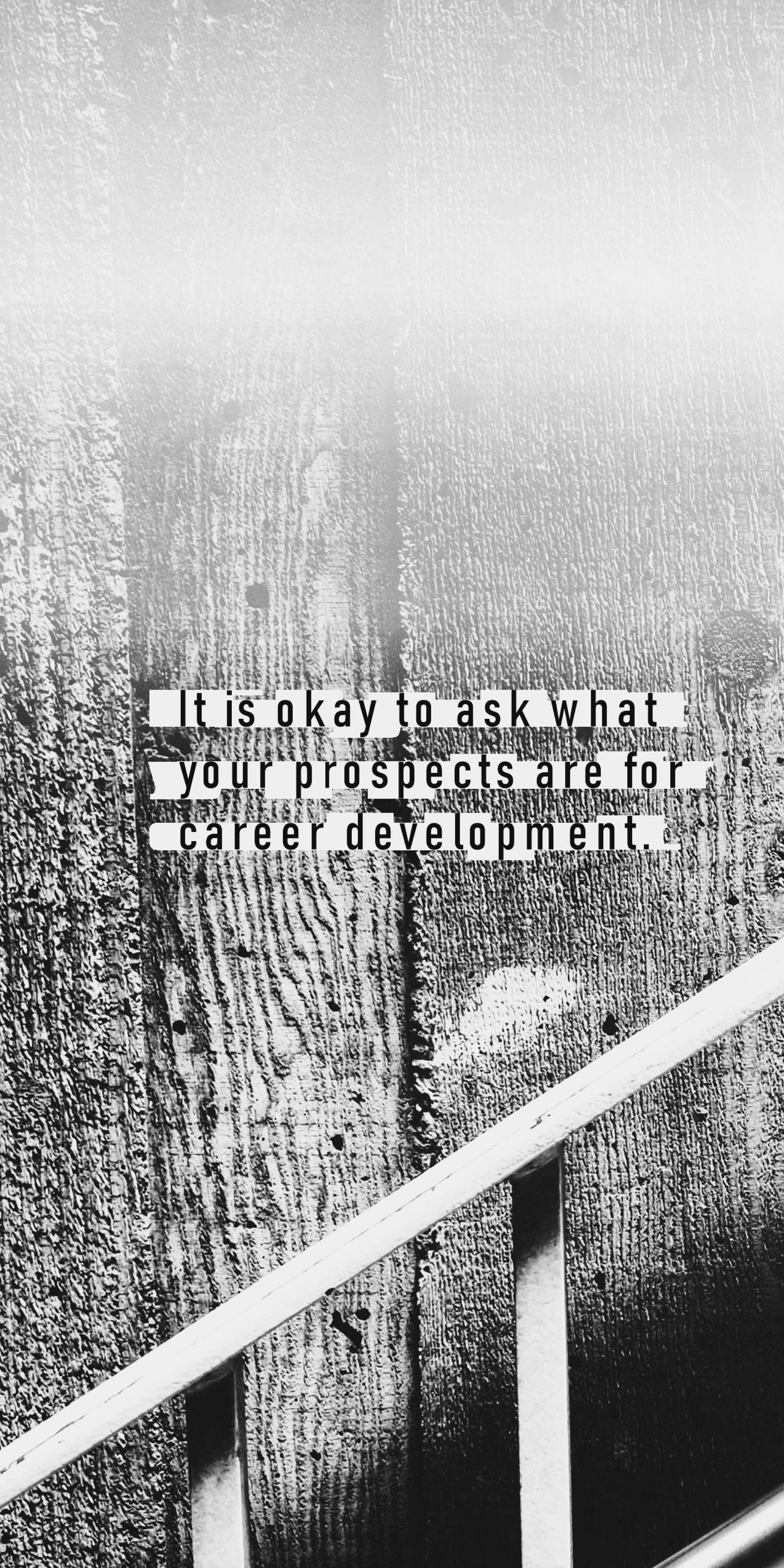

Make the absolute most of your days off, even if that means doing nothing.





You cannot be in two places at once; focus only on the task in front of you.




It is okay to ask what
your prospects are for
career development.



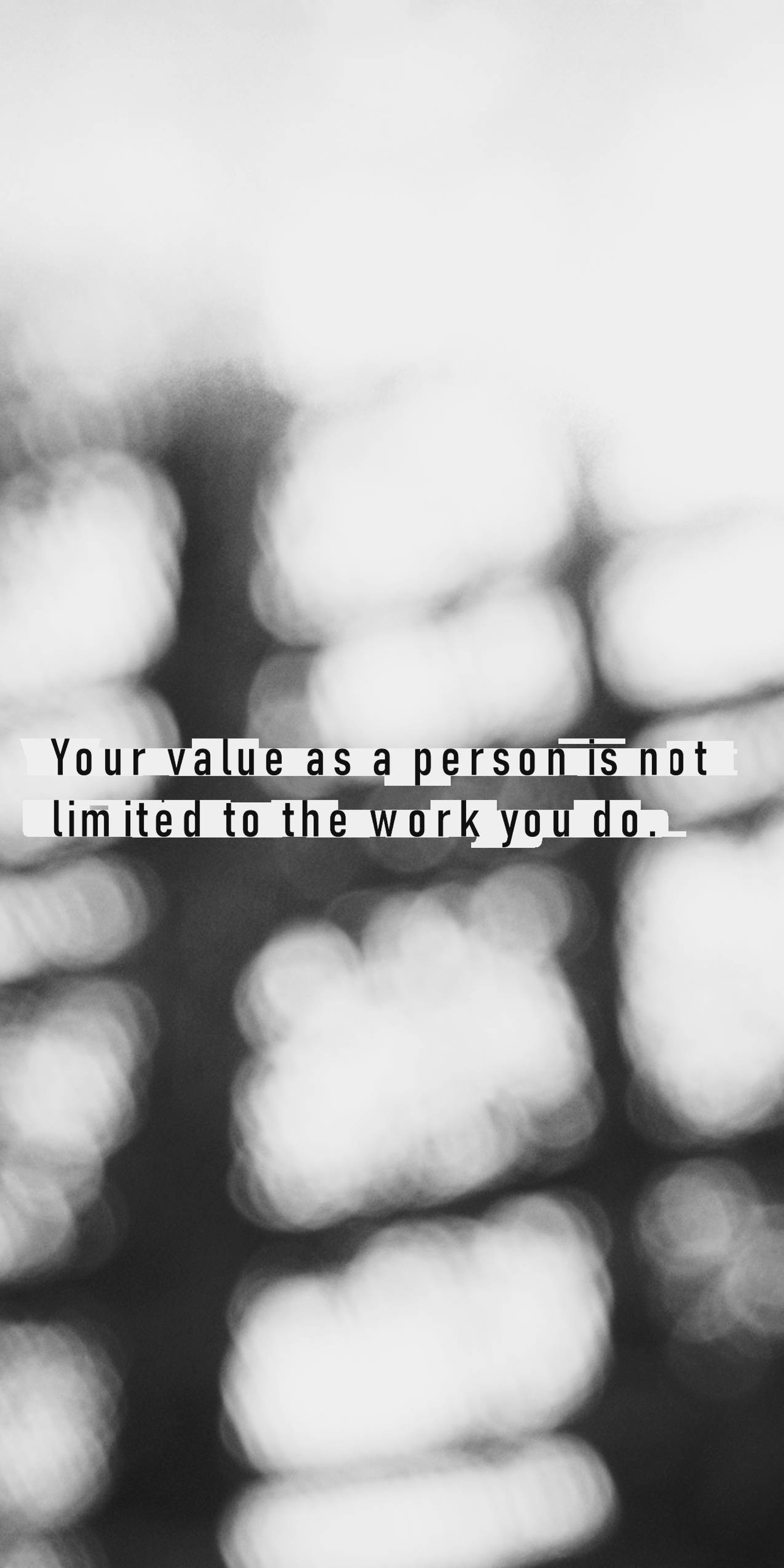



Your boss is not a legal expert, and laws vary by region, so always do your research if something seems wrong.


Asking for help is always valid
when you need it.






Your value as a person is not
limited to the work you do.

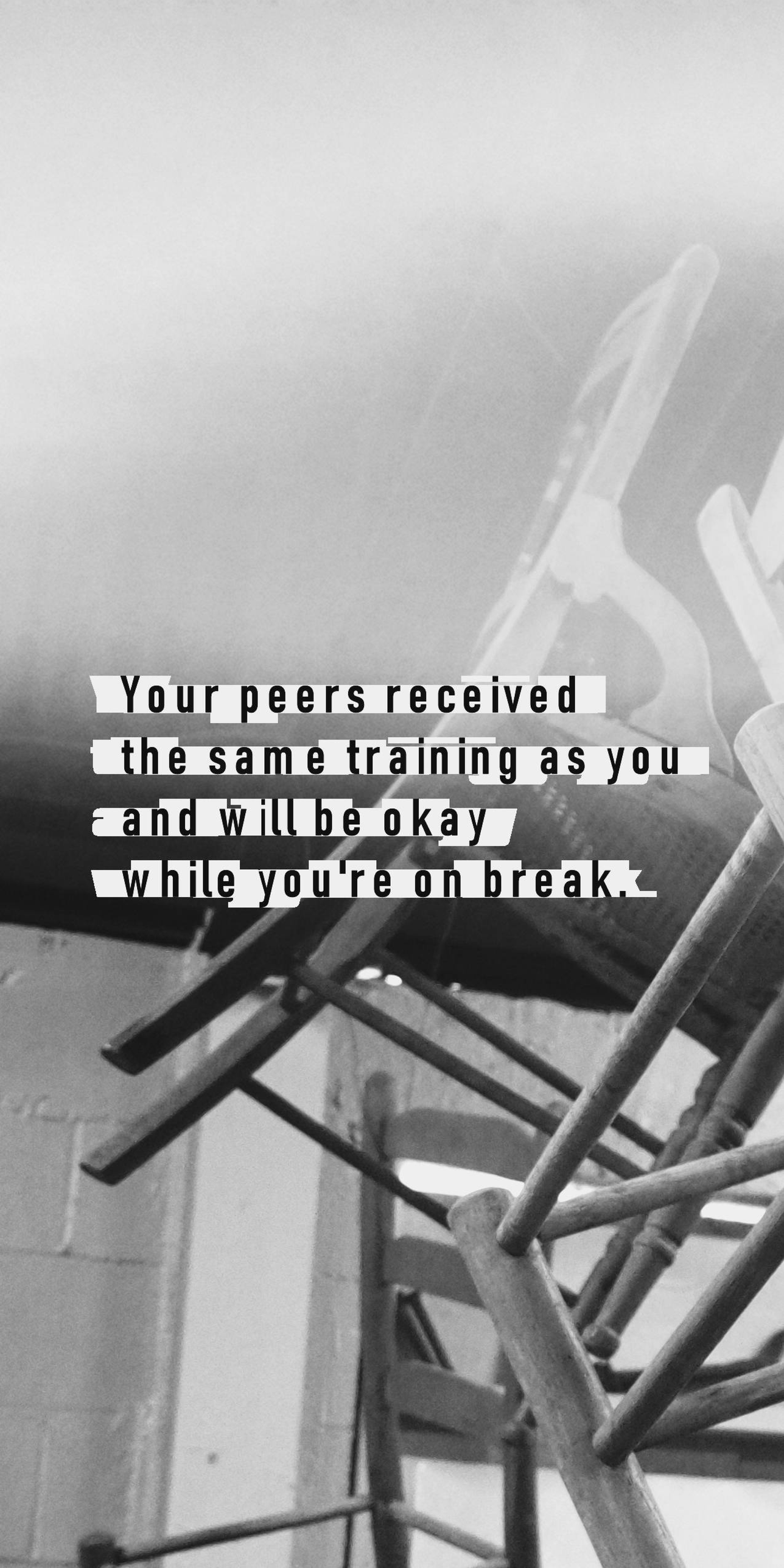

Working in the
service industry
is emotional labor
and your
feelings matter.





You are worth taking care of,
off the clock and on.




Your peers received
the same training as you
and will be okay
while you're on break.




(415) 861-0200


Cafes can do a number on
your body, so stretch
and drink water.

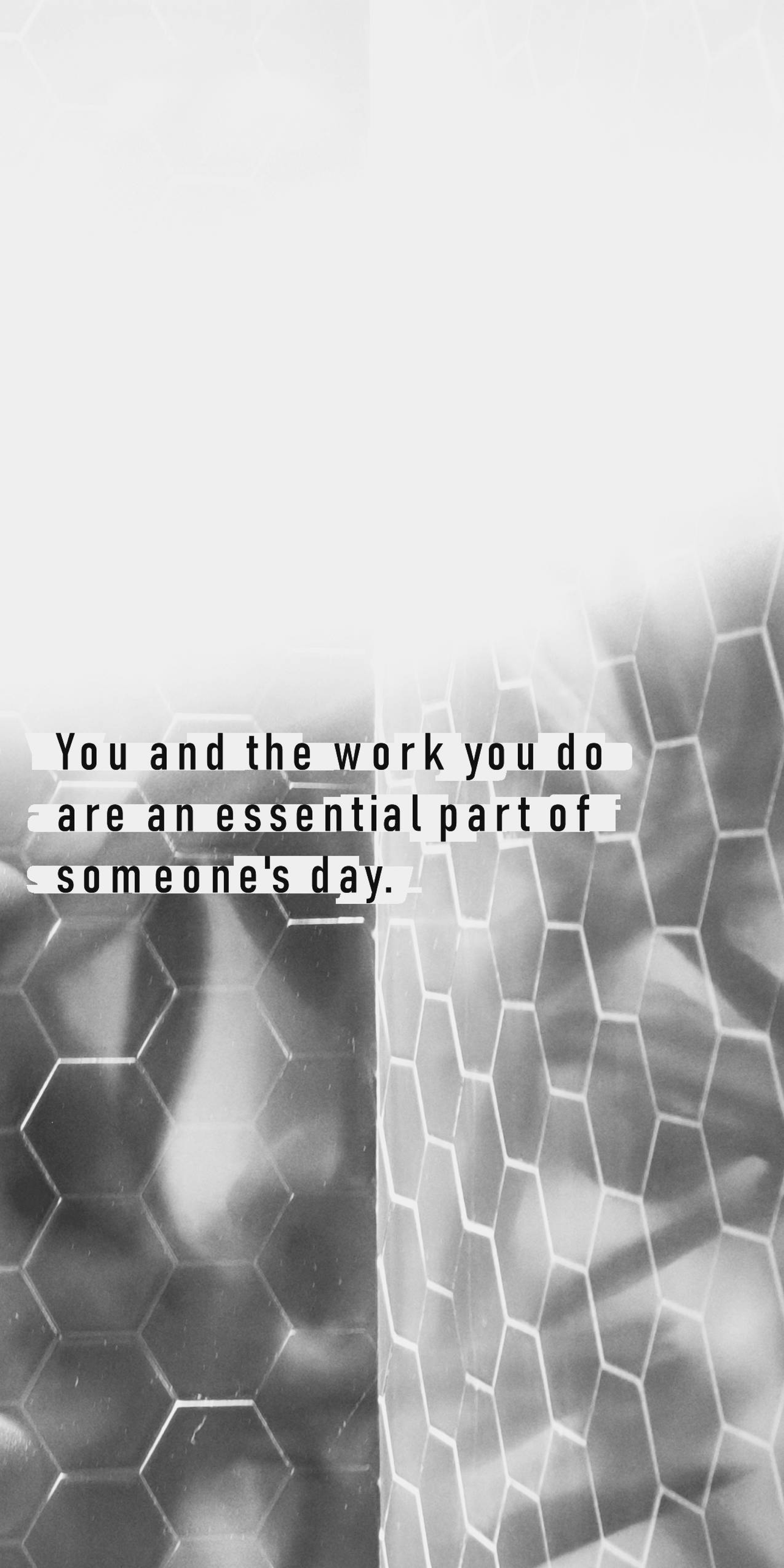

Coffee isn't fuel, it only burns the energy you had to begin with.




If you can't get everything done on the clock, that doesn't mean to do it off the clock.






You and the work you do
are an essential part of
someone's day.


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Cultivate a supportive community for yourself independent of your place of work.



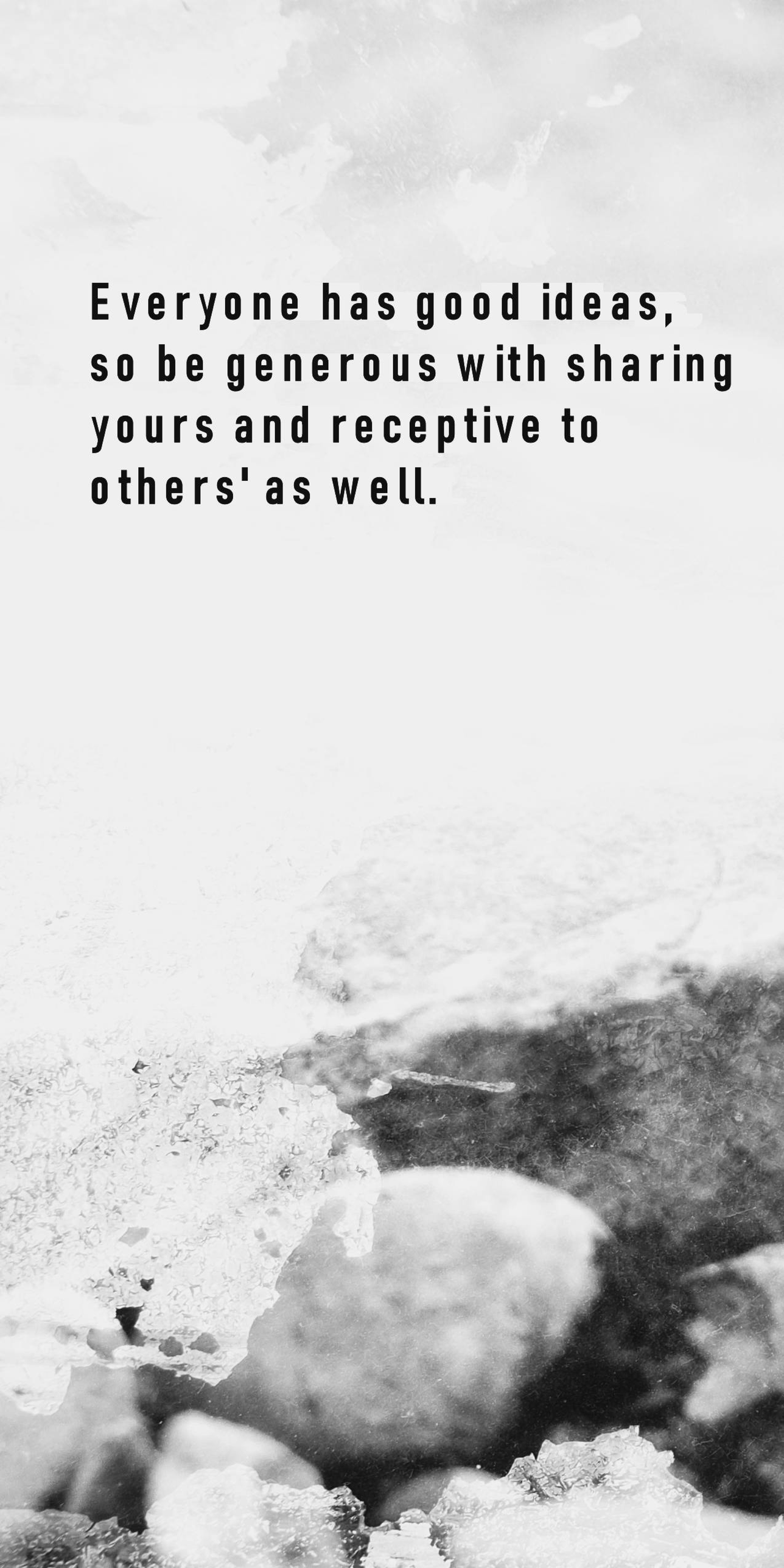

Take a deep breath
before reacting.



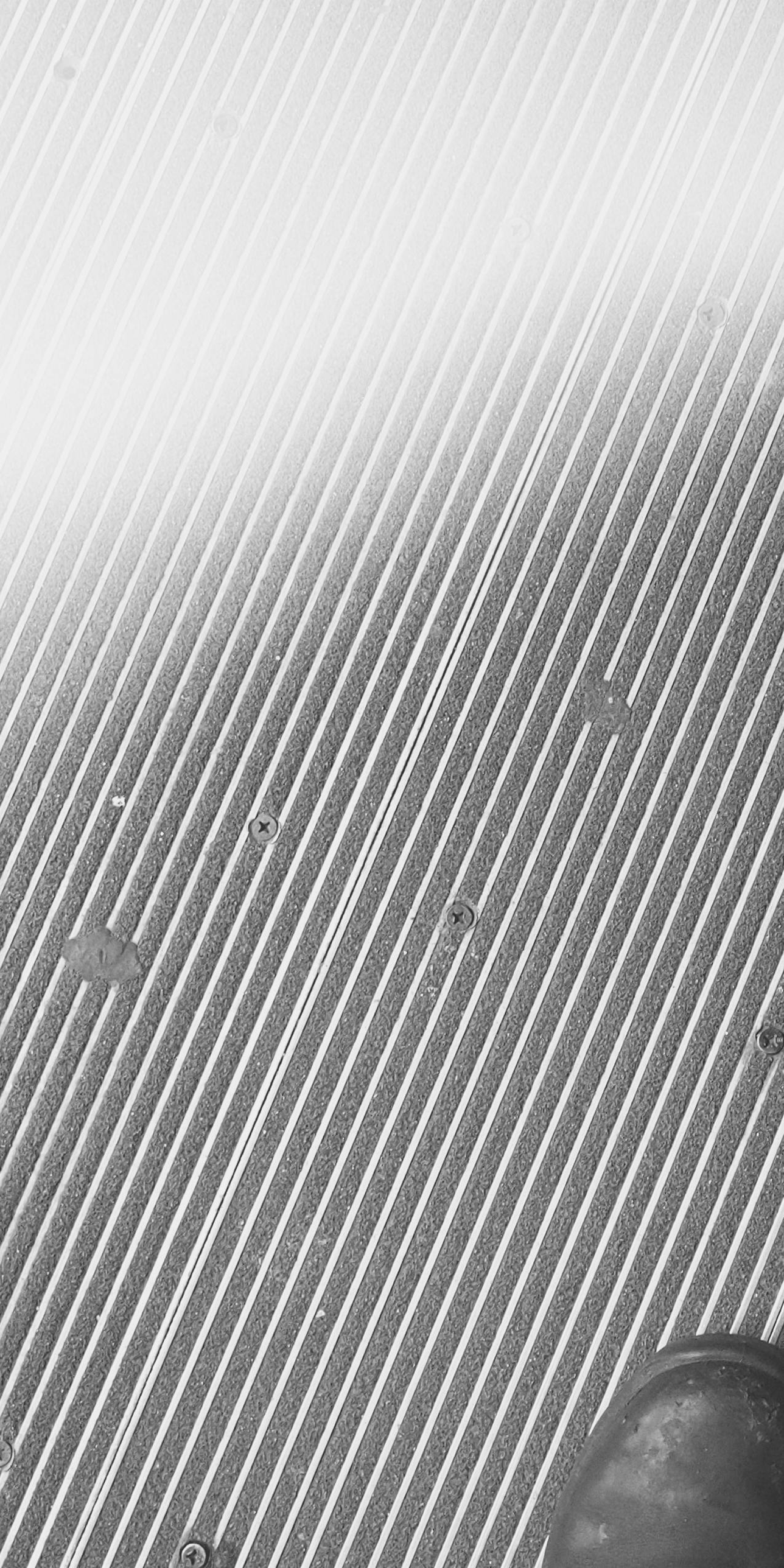


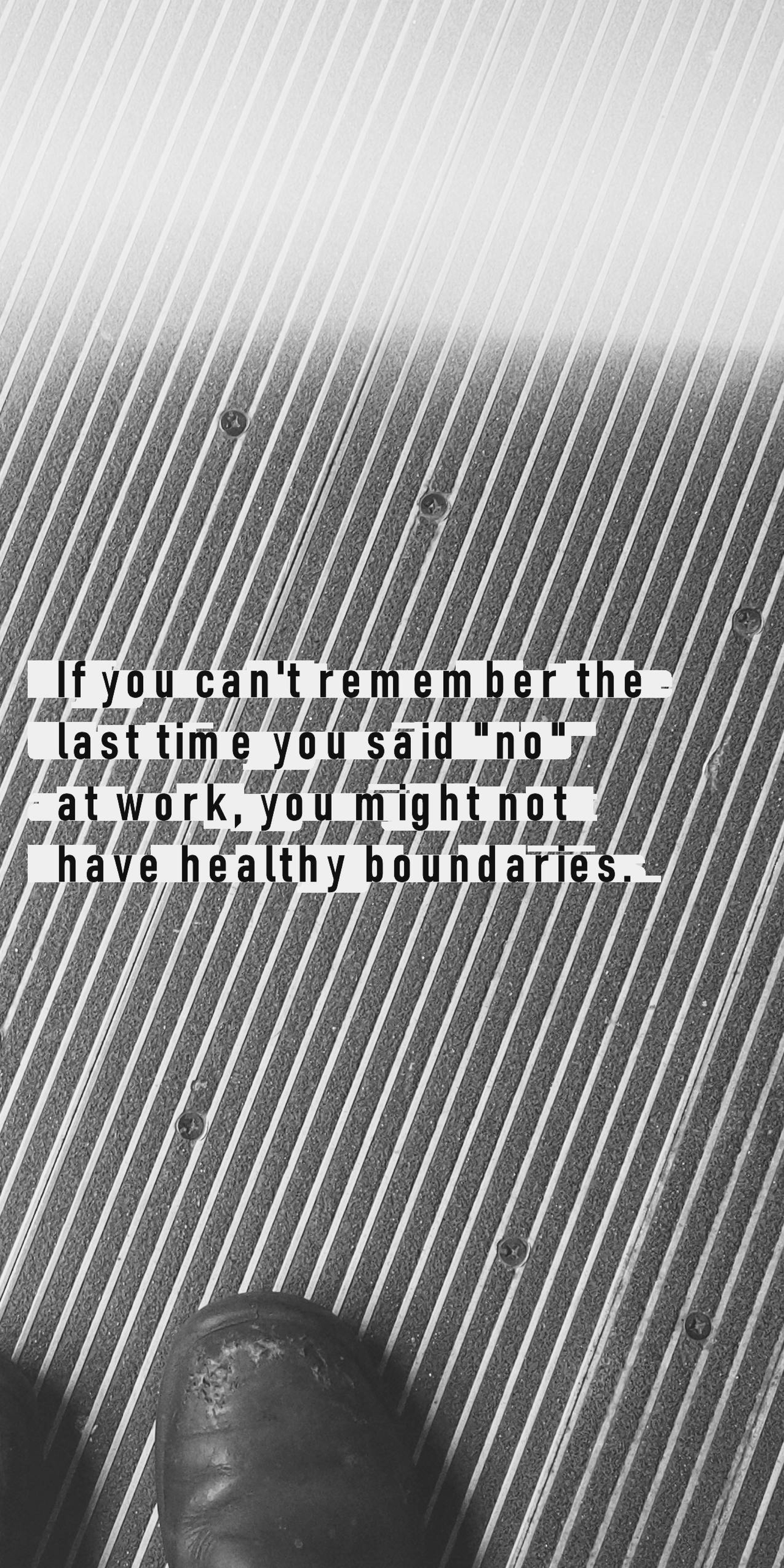

There is no substitute for
getting enough sleep.

Everyone has good ideas, so be generous with sharing yours and receptive to others' as well.








If you can't remember the
last time you said "no"
at work, you might not
have healthy boundaries.


Take breaks regardless of whether you think you need them.






Know your job description and don't worry about tasks that you aren't paid to do.


Sometimes you won't feel like
putting effort into taking care
of yourself but do it anyway.



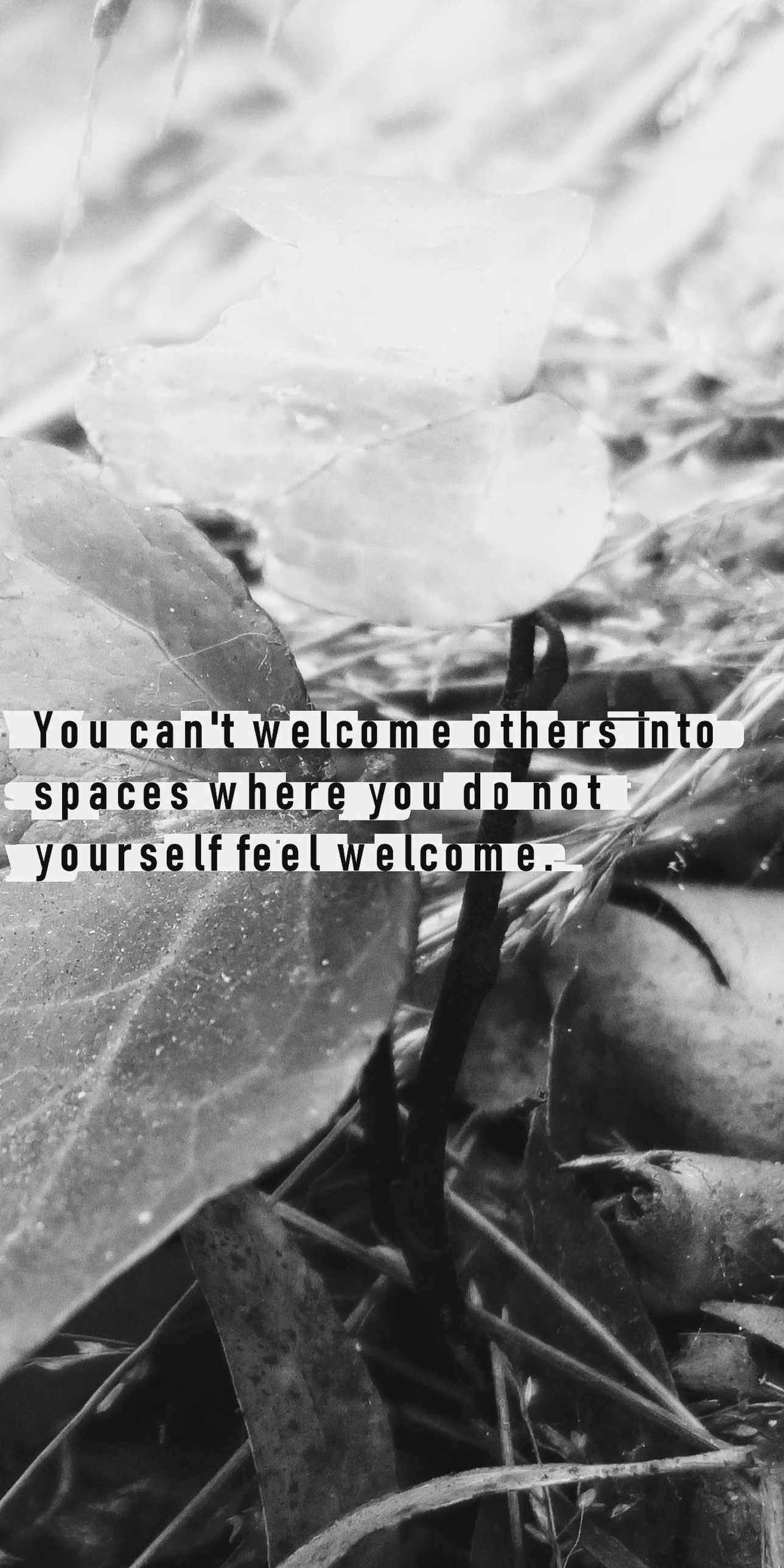



Speak to yourself how
you want others to
speak to you.


Honest communication is more important than saying the right thing.






You can't welcome others into spaces where you do not yourself feel welcome.



Thank you to Boss Barista Podcast, Coffee People Zine and Umeko Motoyoshi for inspiring this zine, and everyone who works to make the coffee industry a creative, vibrant and inclusive community.






You matter.



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