

# A Barista Self-Care Zine

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color bash





# **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.



A black and white photograph of a city street at night. The background is filled with numerous out-of-focus light sources, likely from cars and buildings, creating a bokeh effect. The lights are of various sizes and brightness, with some appearing as large, soft white circles and others as smaller, sharper points of light. The overall tone is dark, with the lights providing the primary illumination and contrast.

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.

A black and white photograph of a window with a decorative frame. The window has a sign that reads "Good Coffee" in a stylized, cursive font. Below the text is an illustration of a coffee cup with steam rising from it. The window is set into a wall that appears to be made of stone or brick. The overall image has a vintage, slightly grainy quality.

Good  
Coffee




NORTHWEST GLOOM.  
(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.**

A black and white photograph featuring a close-up of a honeycomb structure, likely a beehive. The hexagonal cells are clearly defined, and some contain small, dark, spherical objects, possibly bees or eggs. A bright, diffused light source is positioned in the upper right corner, creating a strong glow and casting soft shadows across the honeycomb. The text is overlaid on the right side of the image.

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



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

**ARD HAT  
AREA**

NASSCO





Take a deep breath  
before reacting.



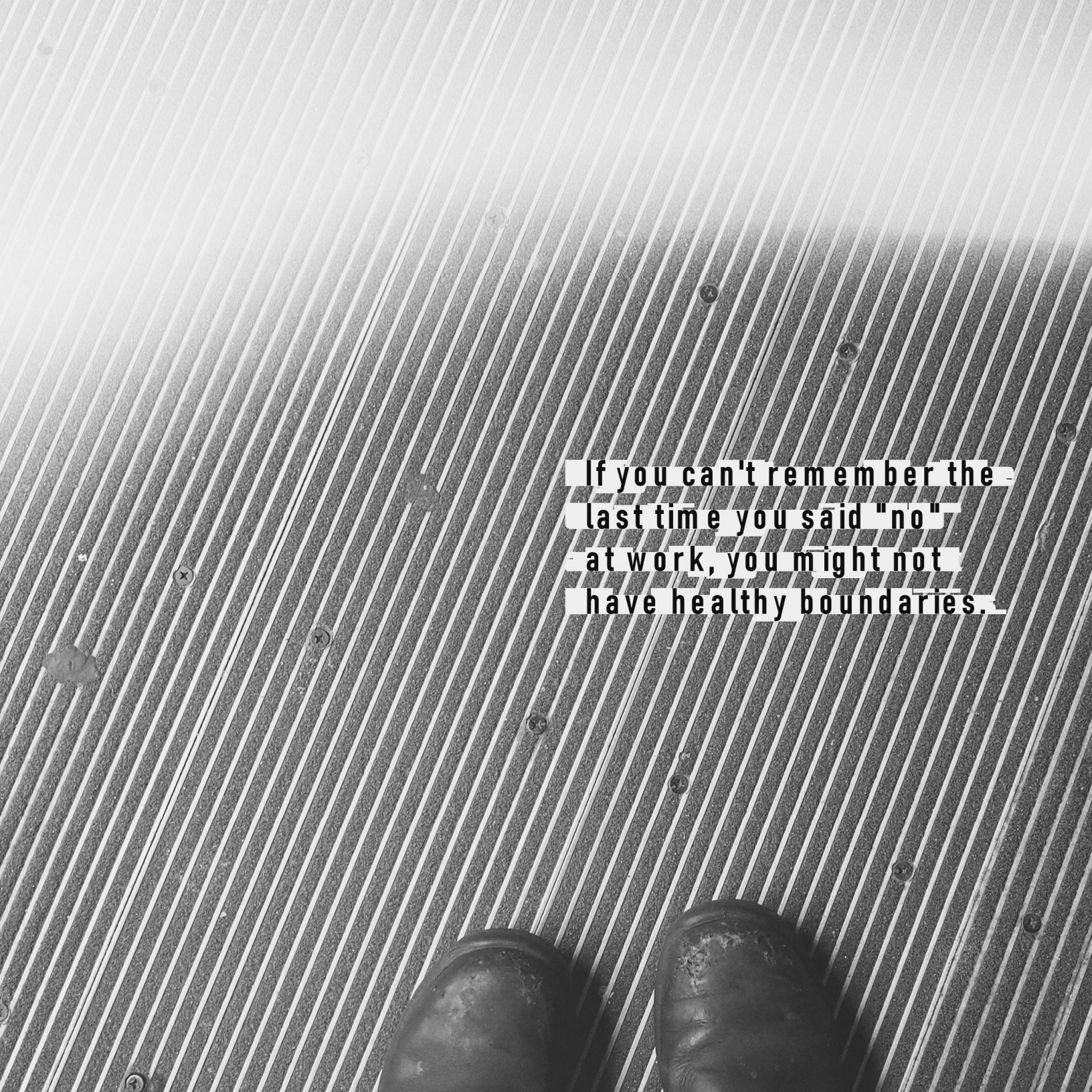
There is no substitute for  
getting enough sleep.

CREAM  
FIRST



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





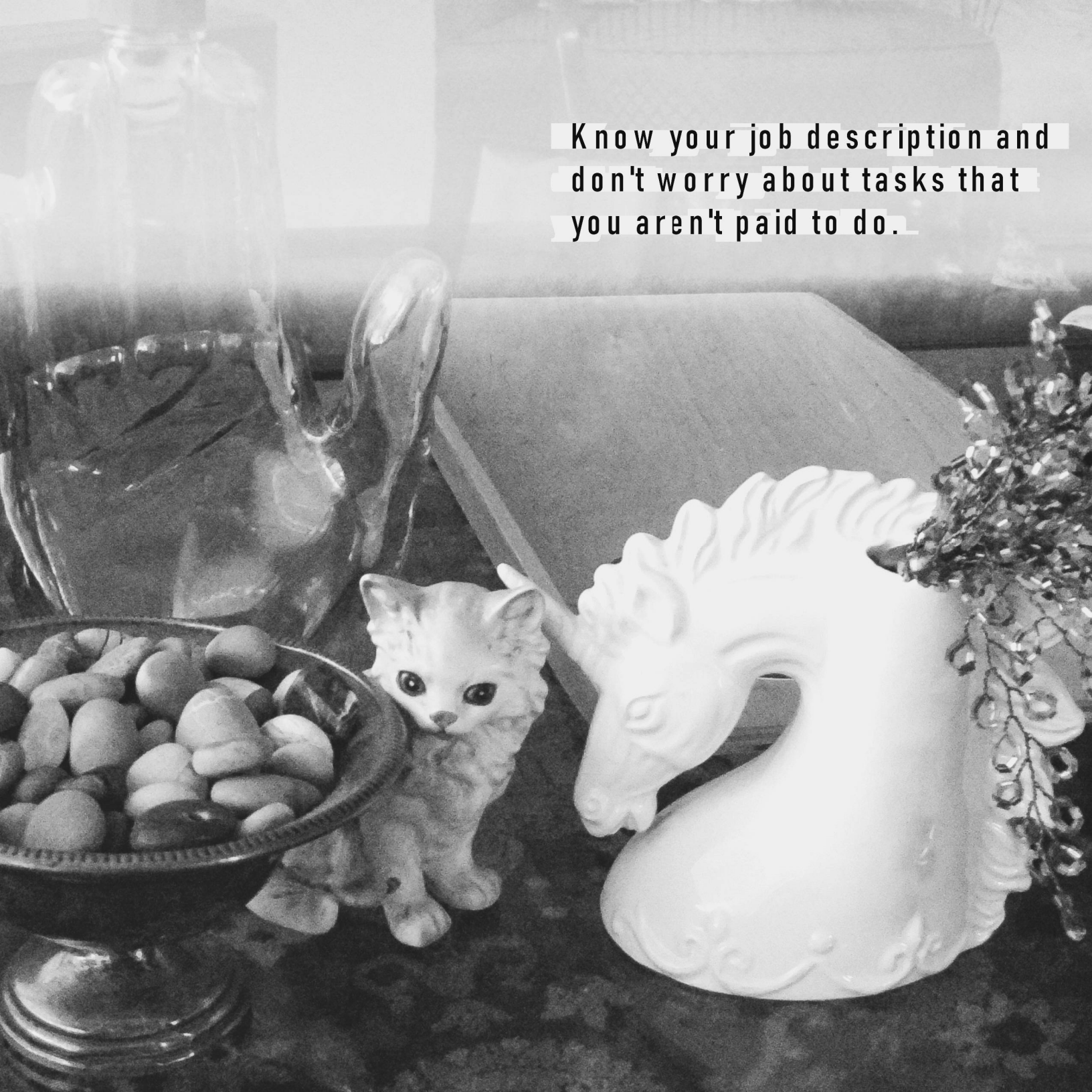
If you can't remember the  
last time you said "no"  
at work, you might not  
have healthy boundaries.




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.



A black and white photograph of a rainy street scene. The foreground is dominated by a glass surface covered in numerous water droplets of varying sizes. In the background, a wet street reflects the lights of cars and street lamps. A tall, thin street lamp stands on the right side of the road. To the left, the blurred lights of several cars are visible, suggesting traffic. On the right, a curved metal structure, possibly a bridge or overpass, is visible. The sky is overcast and grey.

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.

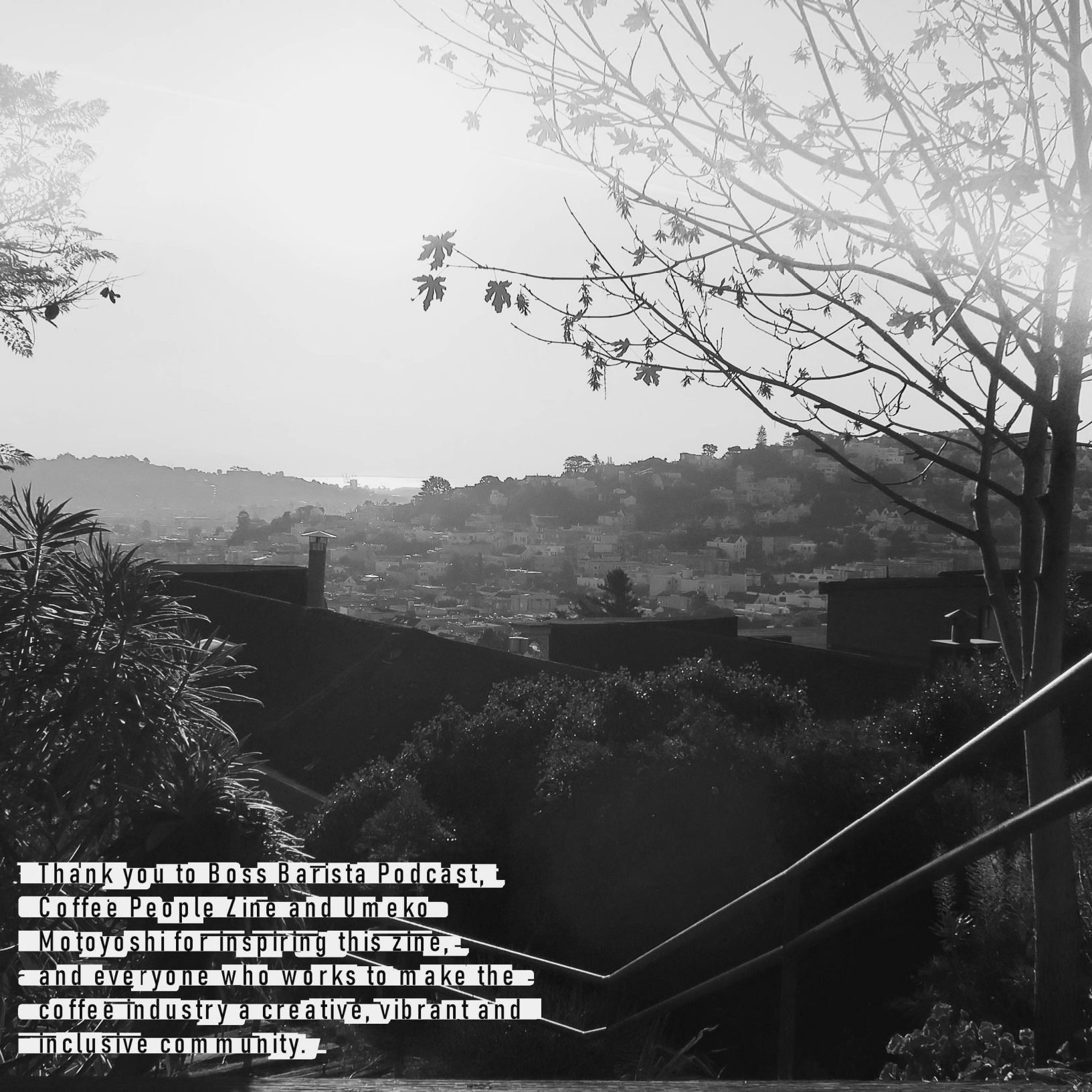


Honest communication is  
more important than saying  
the right thing.





**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.



A black and white photograph featuring a chain-link fence as the background. In the foreground, several thin, dark stems of flowering plants, possibly kangaroo paws, are visible, some in focus and others blurred. The text "You matter." is overlaid in the center-right of the image.

**You matter.**