

A black and white photograph of a cityscape, likely San Francisco, viewed from a hillside. The foreground is filled with a dense field of daisies. The city buildings and hills are visible in the background under a clear sky.

A Barista Self-Care Zine

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@color bash





You matter.



A Barista Self-Care Zine

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





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



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



A black and white photograph. The left half shows a close-up of a weathered wooden fence with vertical planks and a diagonal rail. The right half shows a field of wildflowers with thin stems and small, light-colored blossoms, some in sharp focus and others blurred in the background.

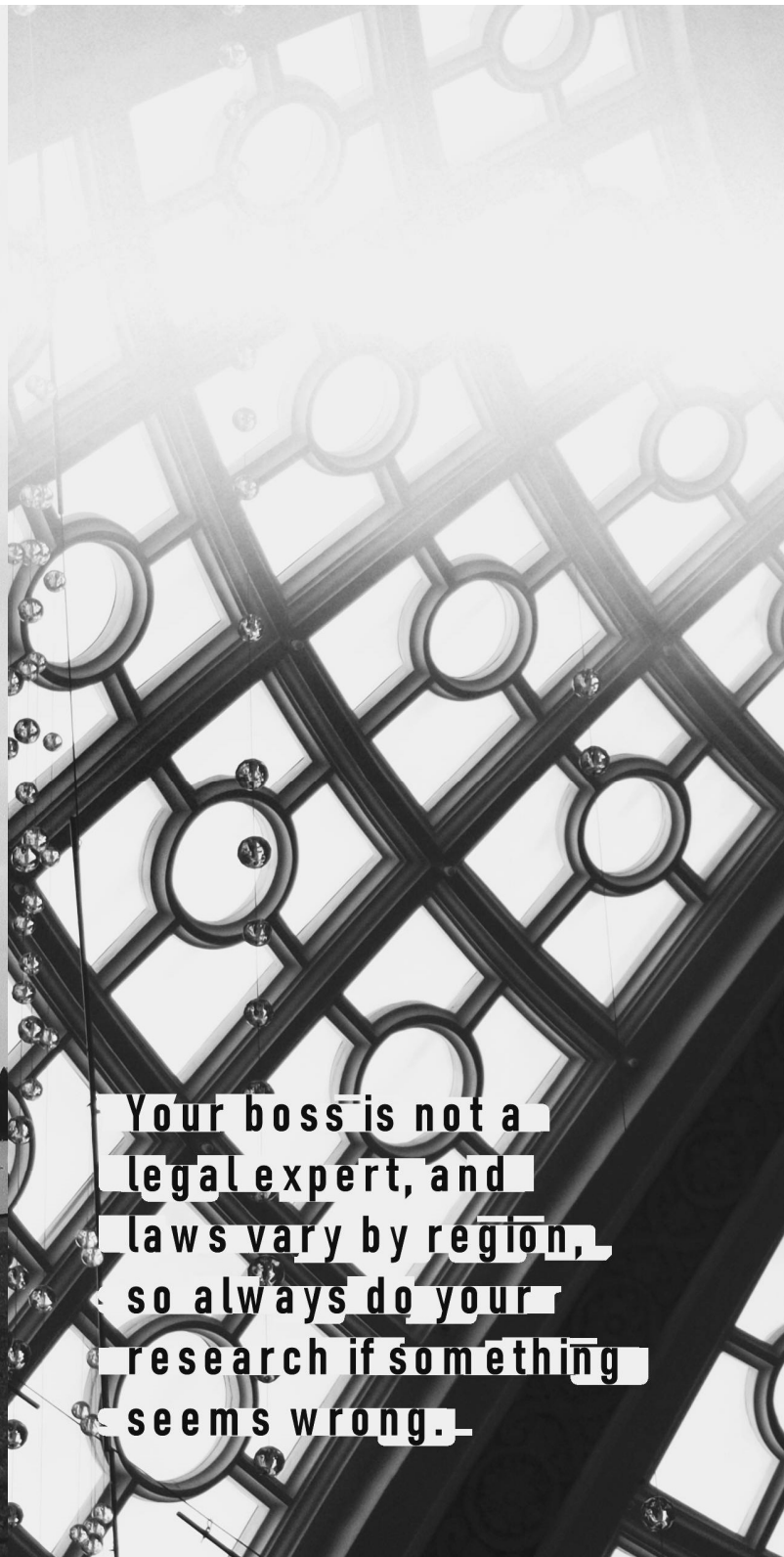
It is okay to ask what
your prospects are for
career development.

Honest communication is
more important than saying
the right thing.





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



**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.



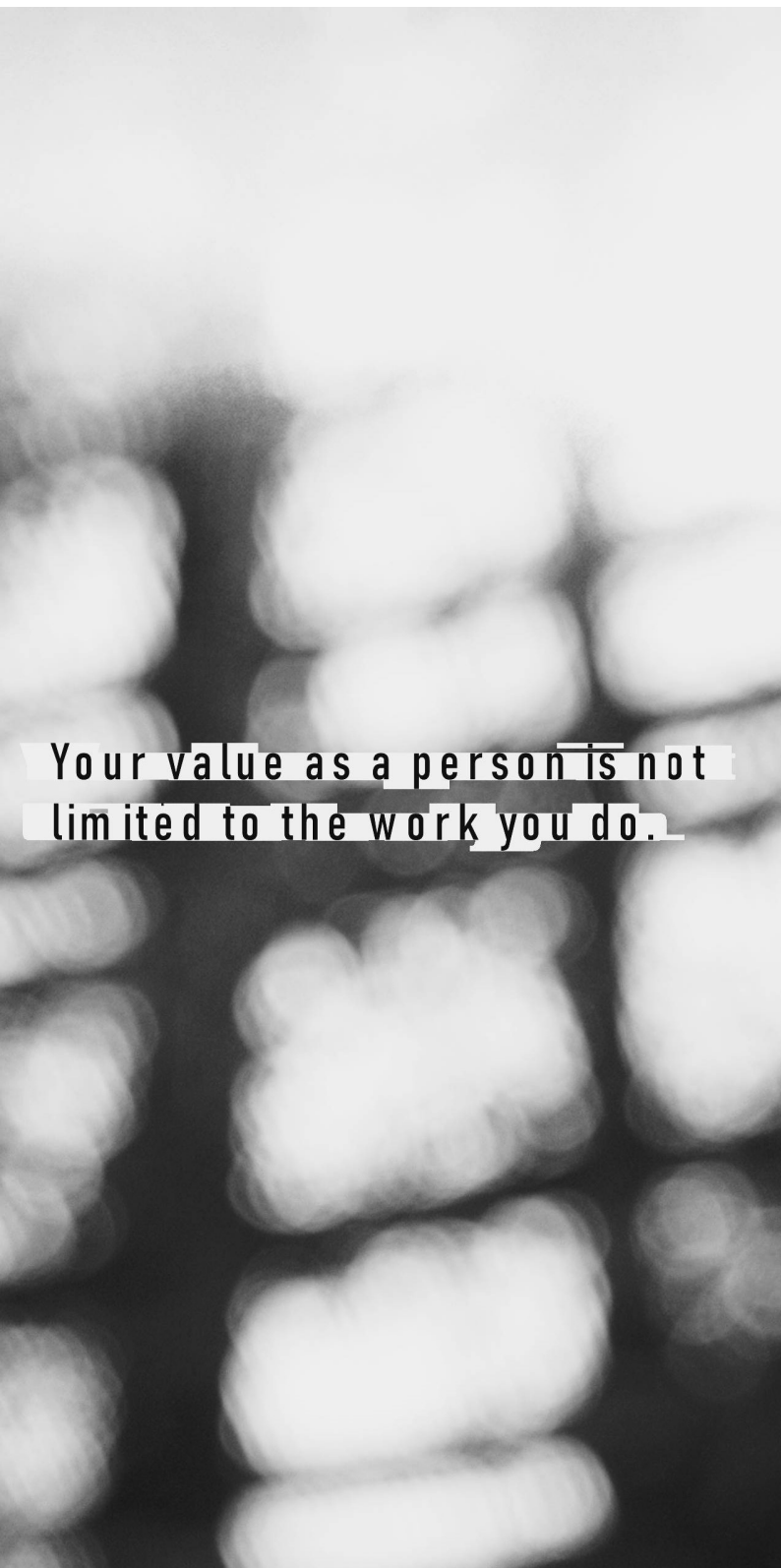




Sometimes you won't feel like
putting effort into taking care
of yourself but do it anyway.



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








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

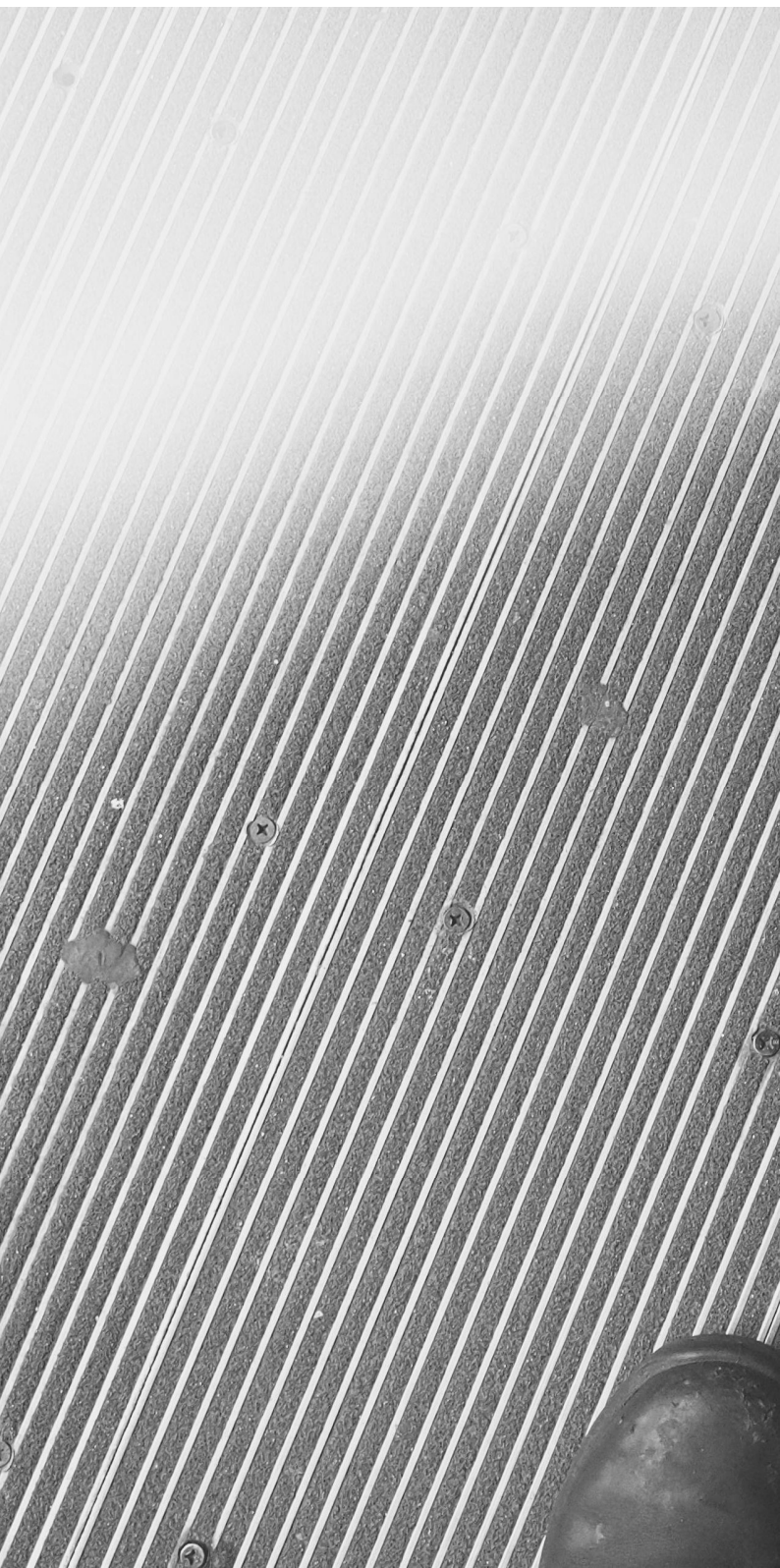


Take breaks regardless of
whether you think you
need them.



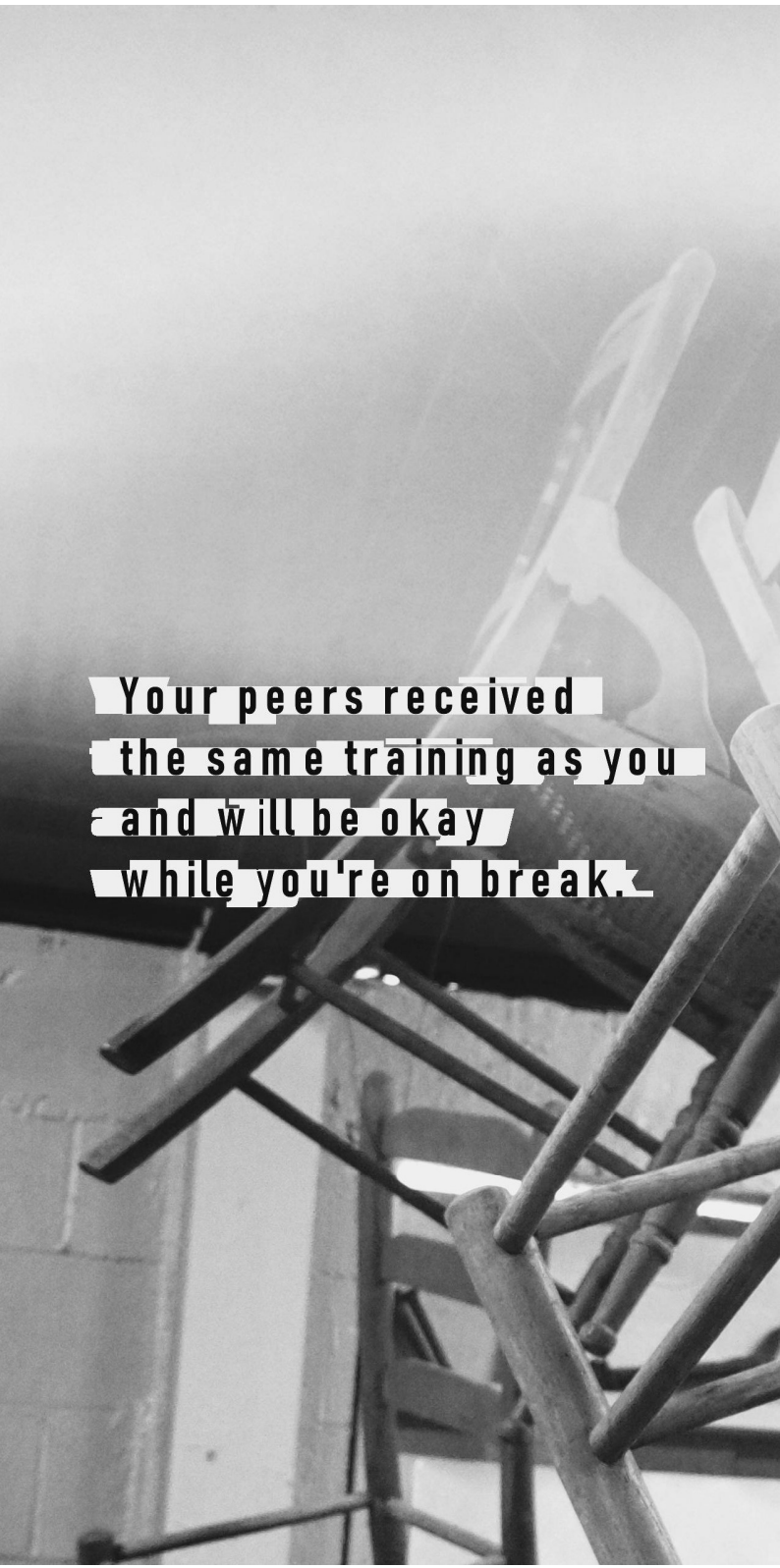
A black and white photograph. The left half shows a cloudy sky with a dark silhouette of trees at the bottom. The right half shows a close-up of a person's foot wearing a dark, worn boot, standing on a corrugated metal surface. Several screws are visible in the metal. Overlaid on the right side is a quote in a bold, sans-serif font.

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



**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.



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





There is no substitute for
getting enough sleep.



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

FIRS

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






Take a deep breath
before reacting.






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



**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.