

# Collective Care: Moving Beyond Self-Care

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“Activists can only lead the resistance if we take care of ourselves and each other. Part of taking care of the world around is taking care of yourself.”

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Self Care  
to  
Collective  
Care



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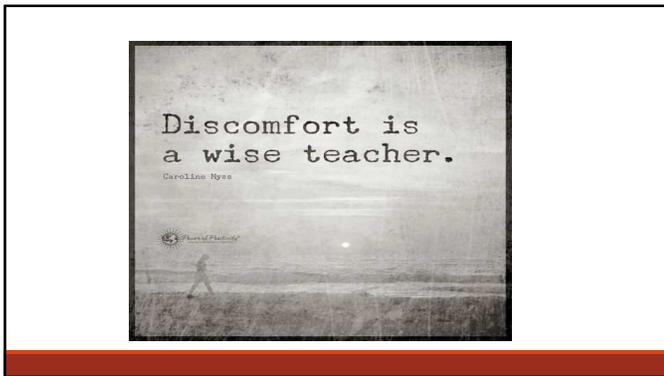
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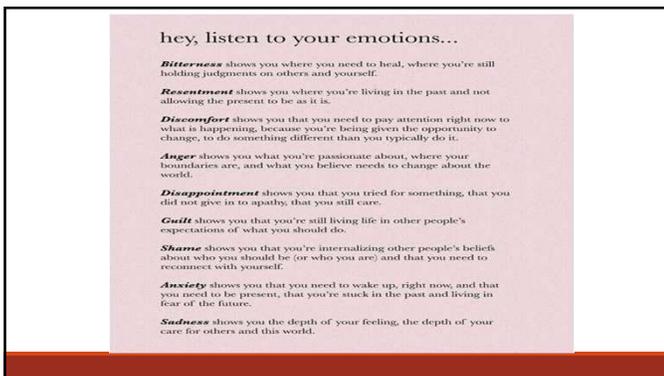
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## Who are your people?



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### Ways We Violate Our Own Boundaries

Spending time with people to the point of emotional exhaustion

Not speaking up about something that is important to us

Overgiving without asking to have our needs reciprocated back

Not making our opinions or our emotions a priority

Not letting people know when we hit our emotional or physical "limits"

@silvykhocasian

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# Build a plan

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## #selfcareonthecheap

- ❖ Play
  - ❖ Color, build stuff, puzzles
- ❖ Streaming
  - ❖ Watch movies or videos that fill your soul
  - ❖ Listen to music that empowers you
- ❖ Take care of the mind
  - ❖ Books, magazines, podcasts, audios, journal
- ❖ Talk to people

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## #selfcareonthecheap

- ❖ Take care of the body
  - ❖ Drink water, dance it out, workout, nap
- ❖ Nature
  - ❖ Get some sun, get the body moving
- ❖ Unplug
  - ❖ Don't read the comments
- ❖ Own your story

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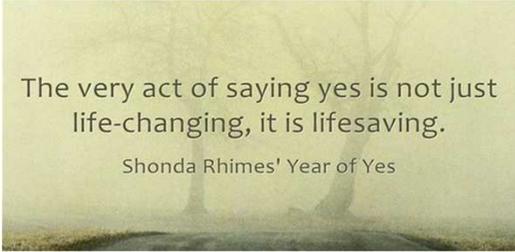
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The very act of saying yes is not just life-changing, it is lifesaving.  
Shonda Rhimes' Year of Yes



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# PAUSE

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A real apology requires...

1. **F**reely admitting fault.
2. **F**ully accepting responsibility.
3. **H**umbly asking forgiveness.
4. **I**mmediately changing behavior.
5. **A**ctively rebuilding trust.

DaveWillis.org

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Making the choice to be authentic in  
your own story



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Practice



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IT TAKES COURAGE  
TO SAY YES  
TO REST AND PLAY  
IN A CULTURE  
WHERE EXHAUSTION  
IS SEEN AS A  
STATUS SYMBOL.

*Brené Brown*

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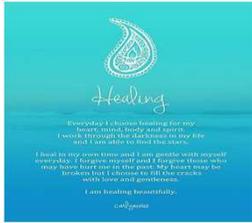
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When we practice collective care, we start to heal



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*"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style"*

*— Maya Angelou*

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