

Collective Care: Moving Beyond Self-Care

PRESENTED BY: FELISCIANA PERALTA

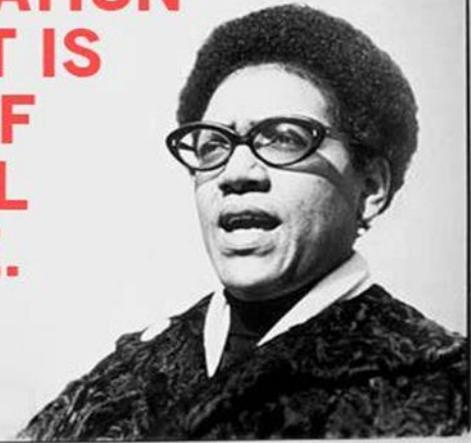
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“Activists can only lead the resistance if we take care of ourselves and each other. Part of taking care of the world around is taking care of yourself.”

Self Care to Collective Care

**CARING FOR
MYSELF IS NOT
SELF-INDULGENCE,
IT IS SELF-
PRESERVATION
AND THAT IS
AN ACT OF
POLITICAL
WARFARE.**

AUDRE LORDE





Transformation

I am a powerful being capable of changing anything in my life. I welcome and embrace healthy changes into my life and I let go of old habits and practices that no longer serve me.

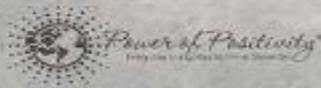
I accept the necessary changes that need to take place in my life and I let go of fear and worry. Everyday I grow more beautiful and strong in this life and I am as free as a butterfly.

My life is unfolding perfectly.

carlymarie

Discomfort is
a wise teacher.

Caroline Myss



hey, listen to your emotions...

Bitterness shows you where you need to heal, where you're still holding judgments on others and yourself.

Resentment shows you where you're living in the past and not allowing the present to be as it is.

Discomfort shows you that you need to pay attention right now to what is happening, because you're being given the opportunity to change, to do something different than you typically do it.

Anger shows you what you're passionate about, where your boundaries are, and what you believe needs to change about the world.

Disappointment shows you that you tried for something, that you did not give in to apathy, that you still care.

Guilt shows you that you're still living life in other people's expectations of what you should do.

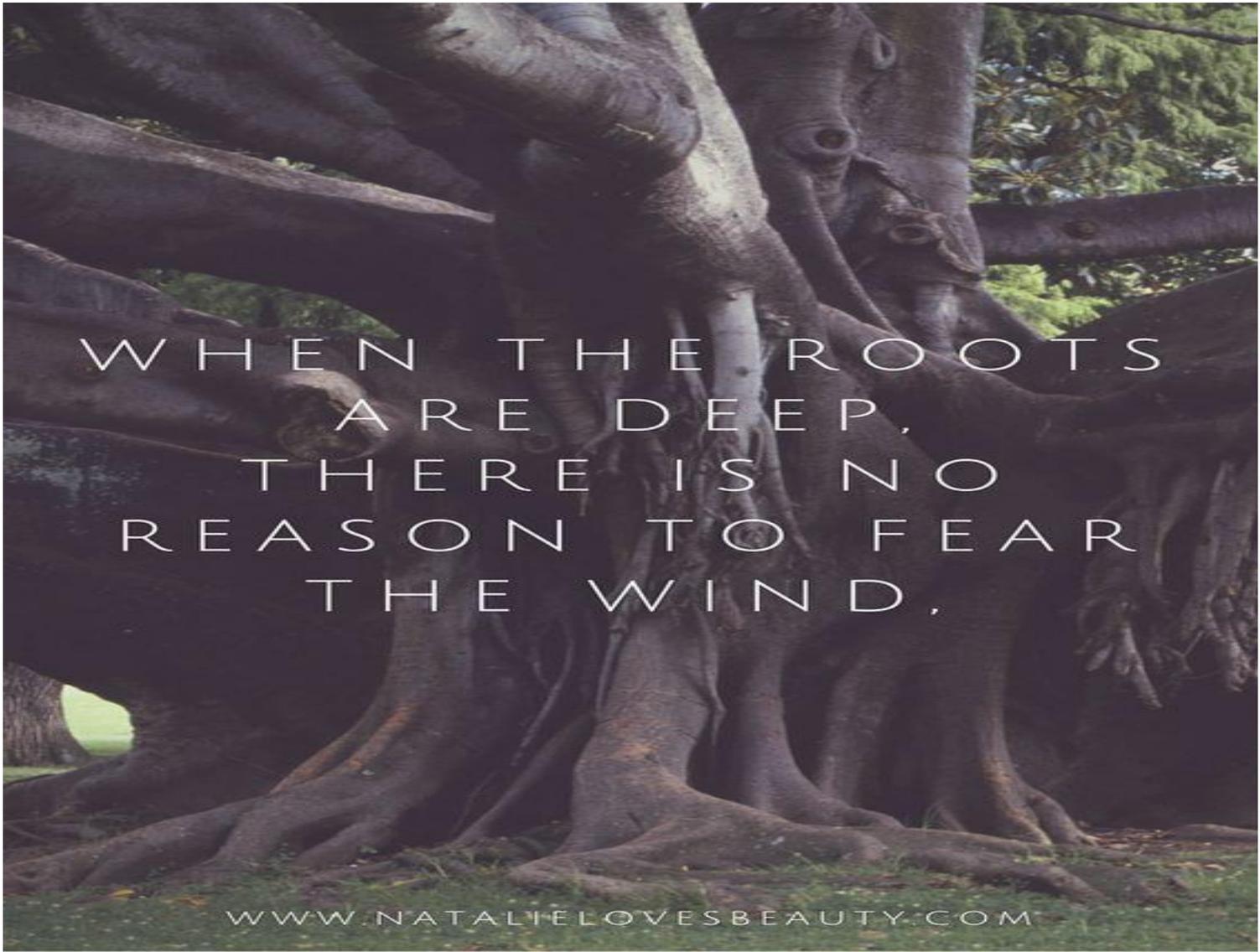
Shame shows you that you're internalizing other people's beliefs about who you should be (or who you are) and that you need to reconnect with yourself.

Anxiety shows you that you need to wake up, right now, and that you need to be present, that you're stuck in the past and living in fear of the future.

Sadness shows you the depth of your feeling, the depth of your care for others and this world.

Who are your people?





WHEN THE ROOTS
ARE DEEP,
THERE IS NO
REASON TO FEAR
THE WIND,

WWW.NATALIELOVESBEAUTY.COM

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"

@silvykhucasian

Build a plan

#selfcareonthecheap

❖ Play

- ❖ Color, build stuff, puzzles

❖ Streaming

- ❖ Watch movies or videos that fill your soul

- ❖ Listen to music that empowers you

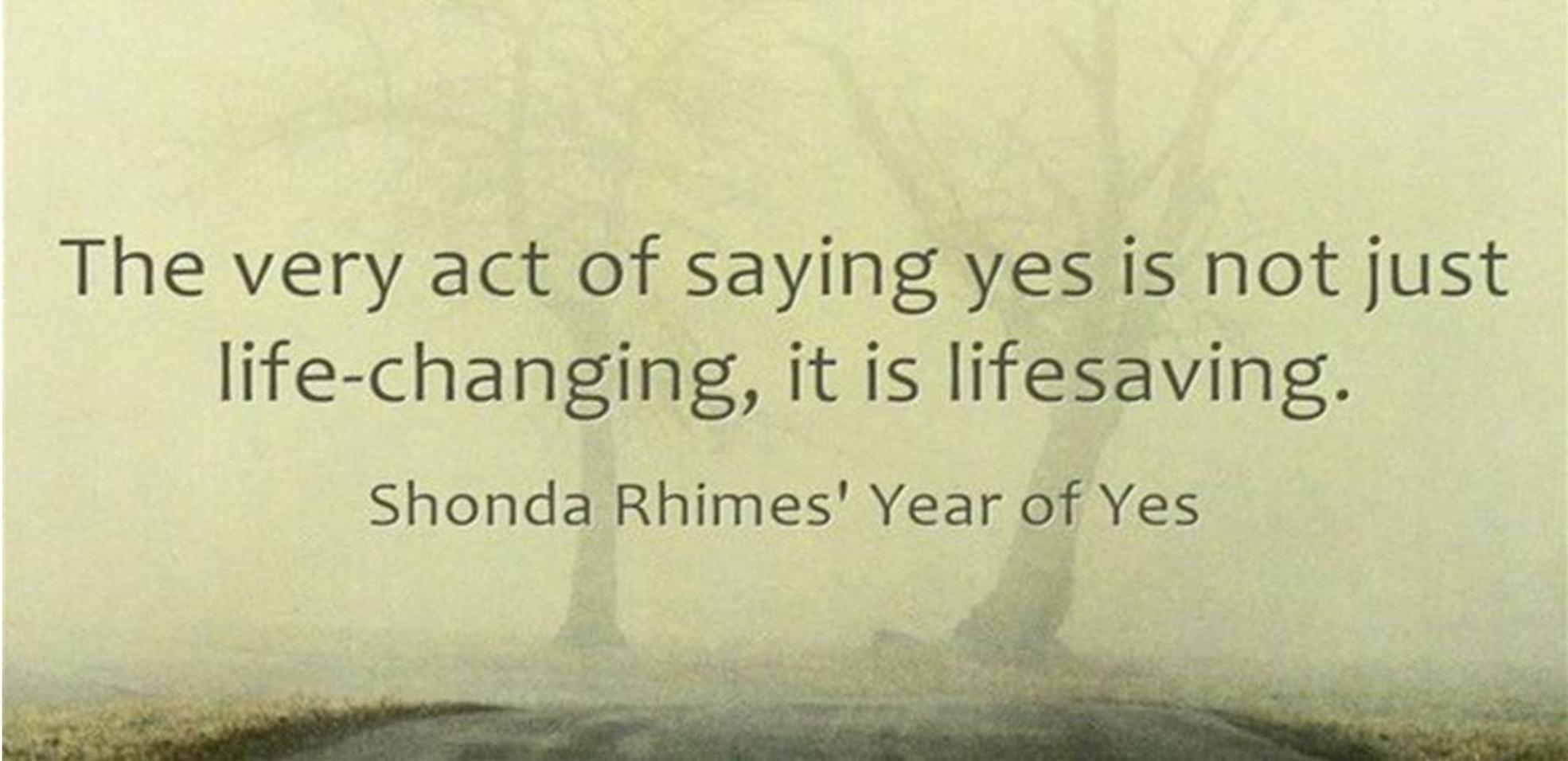
❖ Take care of the mind

- ❖ Books, magazines, podcasts, audios, journal

❖ Talk to people

#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

A misty, green-tinted landscape with a path leading towards trees. The scene is hazy and atmospheric, with a path that curves slightly to the right in the foreground. The background is dominated by the silhouettes of trees, their branches reaching upwards, partially obscured by the mist. The overall color palette is muted greens and greys, creating a serene and somewhat somber mood.

The very act of saying yes is not just
life-changing, it is lifesaving.

Shonda Rhimes' Year of Yes

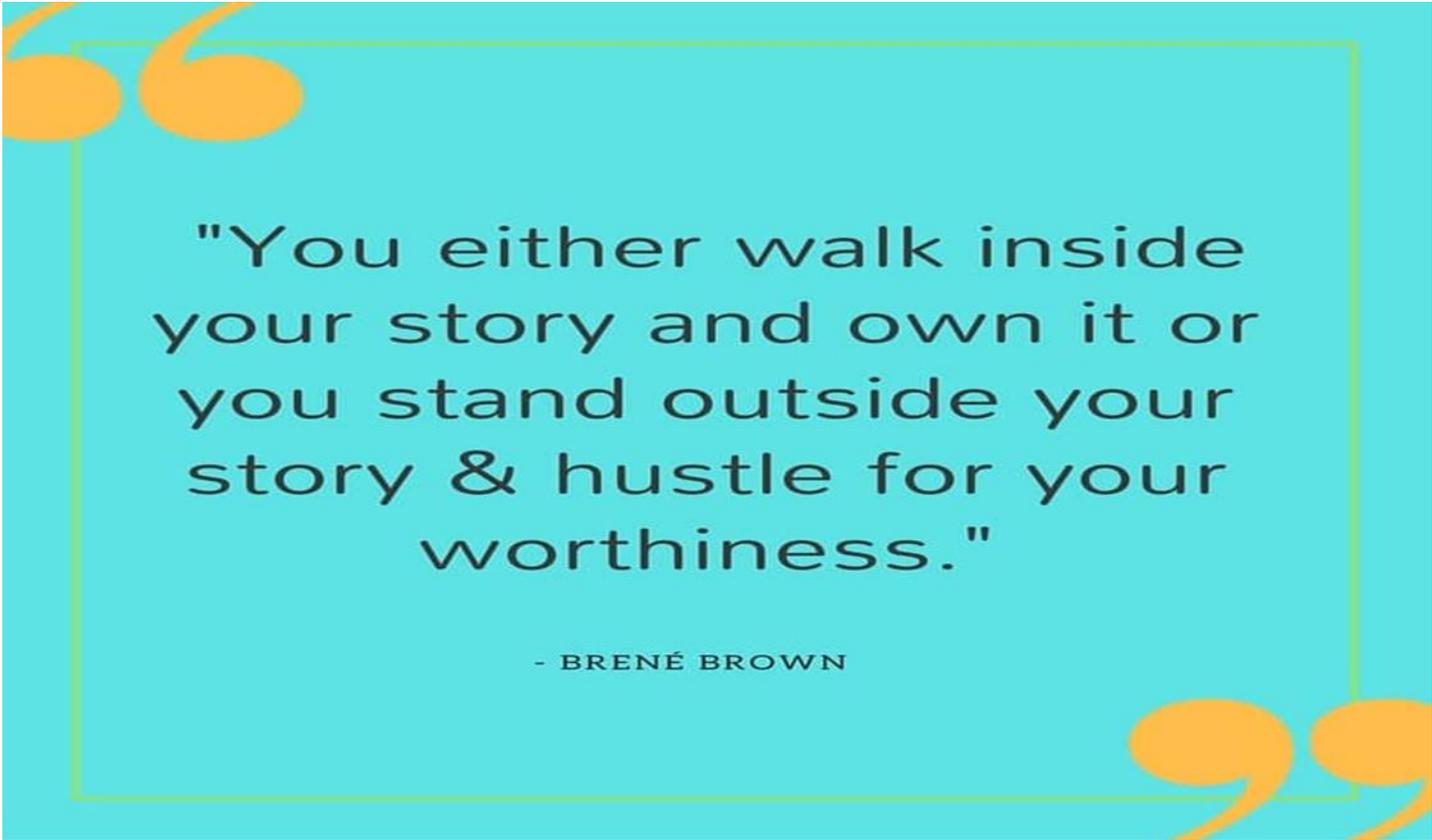
PAUSE

A real apology requires...

1. **Freely** admitting fault.
2. **Fully** accepting responsibility.
3. **Humbly** asking forgiveness.
4. **Immediately** changing behavior.
5. **Actively** rebuilding trust.

DaveWillis.org

Making the choice to be authentic in your own story



"You either walk inside
your story and own it or
you stand outside your
story & hustle for your
worthiness."

- BRENE BROWN

Practice

People often say
that motivation
doesn't last.

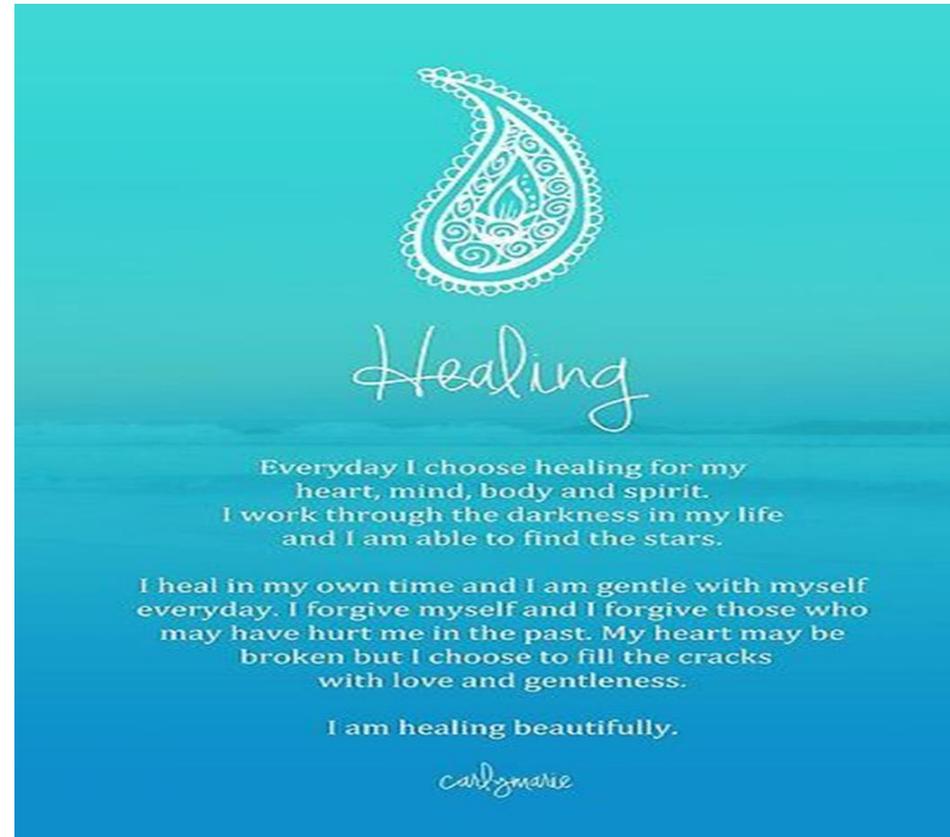
Well, neither does
bathing. That's
why we
recommend it
daily.

zig zigar

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

Brené Brown

When we practice collective care, we start to heal



*“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