



Self-Care  
is ✨  
ESSENTIAL  
now + always

# Self-Care for Community Organizers

...how we keep going

# Land Acknowledgment

Let us acknowledge the land on which we sit + occupy today, as the original home to the **Nacotchtank, Piscataway and Pocomoke tribes** and many other indigenous nations. Let us also acknowledge the **enslaved peoples** who worked this land centuries following, and the foot soldiers of the Jim Crow era + the Civil Rights Movement.

Without them, we would not have access to this gathering + to this dialogue. We take this opportunity to thank the original caretakers of this land + space.



**YOU'RE ON  
INDIGENOUS  
LAND**



## Learn

Learn how self-care is vital + related to justice and community



## Practice

Practice yoga breath-work, + mindful meditation and begin to explore how these practices can keep us grounded and empower us to continue to do the work of social justice



## Apply

Apply these skills to help you cultivate community, and navigate difficult moments + conversations

# self-care

**encompasses just about anything you do to be good to yourself**

**knowing when your resources are running low + stepping back to replenish them**

**integrating self-compassion into your life in a way that helps to prevent burnout**

## **NOTE:**

- **everything that feels good isn't self-care**
- **when practiced correctly, self-care has holistic long-term benefits**

# self-care for change agents...



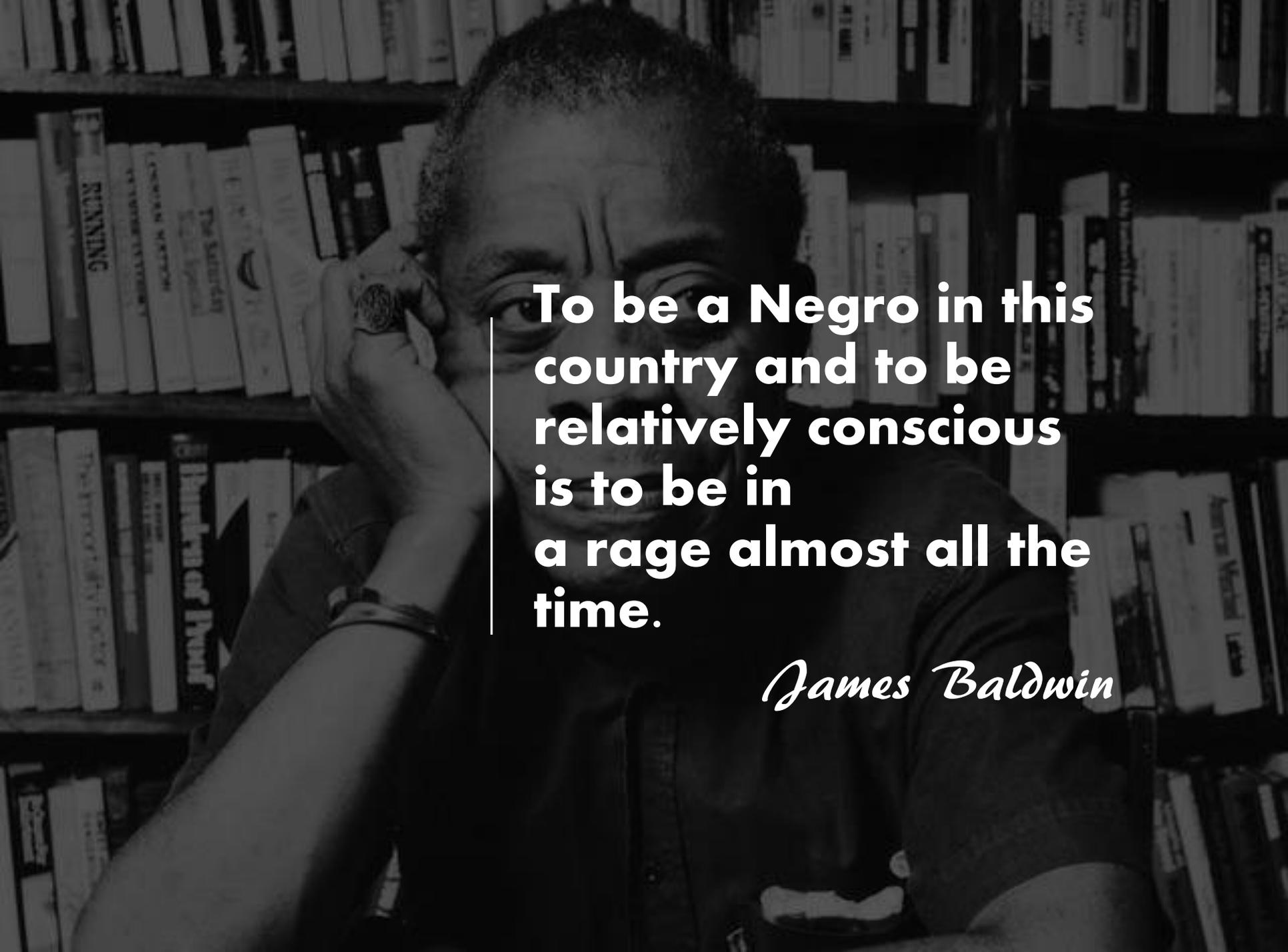
# setting up the space

*guidelines for growth + effective dialogue*

1. **Engage openly + honestly**
2. **Take risks; safe and inclusive may not always mean comfortable**
3. **Respect + maintain confidentiality\***
4. **Listen actively + respectfully**
5. **Step up, step back; share air time\***
6. **Speak from personal experience; use "I" and "Our" statements**
7. **Expect and accept non-closure\***
8. **Silence serves a purpose\***
9. **Be fully present\***
- 10 . . .
- 11 . . .

# Breathe

Inhale slowly. Hold. Exhale.



**To be a Negro in this  
country and to be  
relatively conscious  
is to be in  
a rage almost all the  
time.**

*James Baldwin*

# What does it feel like?



**Burnout**

Overwork

Lack of  
creativity

Compassion  
Fatigue

**Fatigue**

Physical  
ailments

Sleeplessness

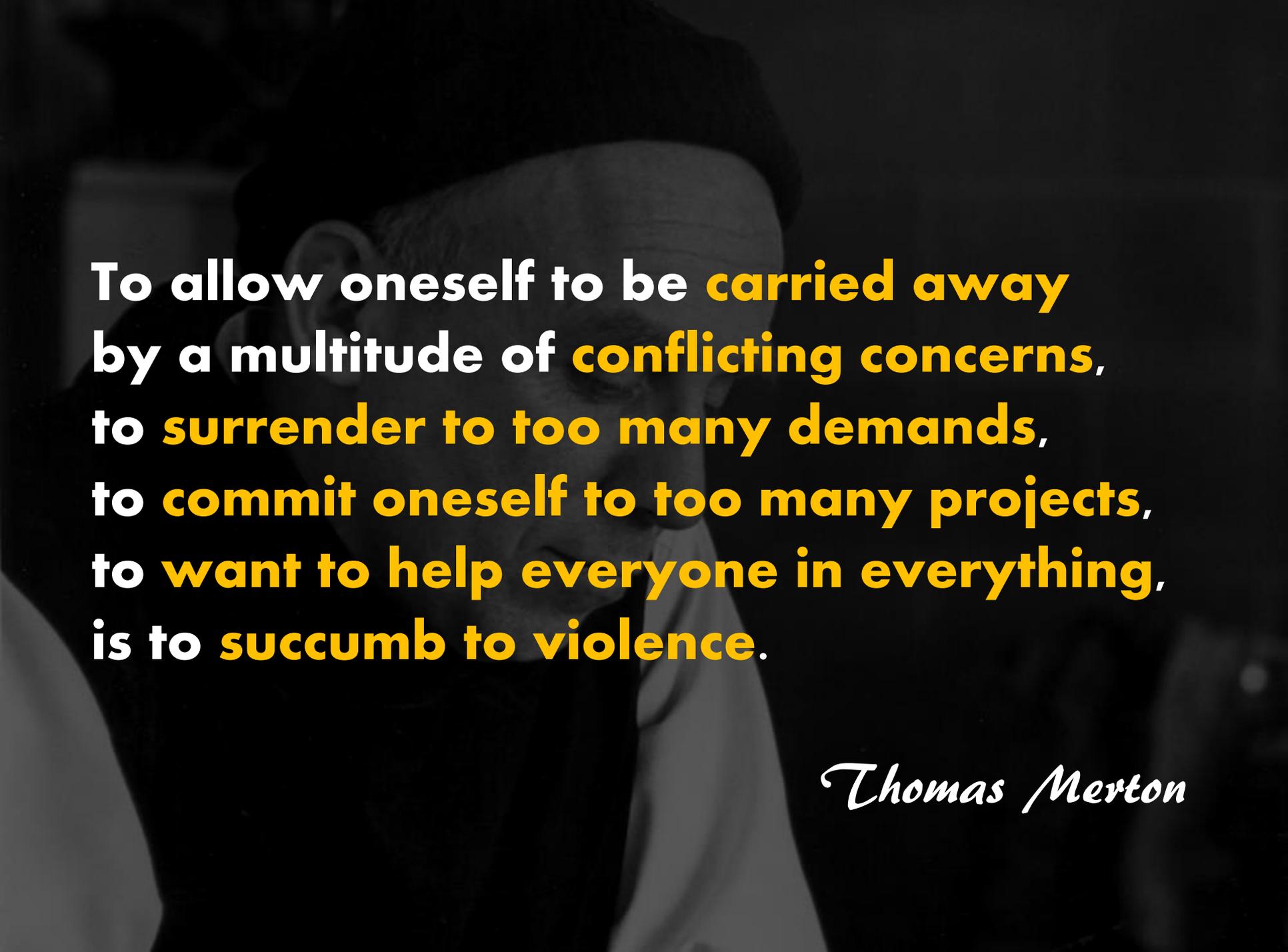
Avoidance

**Mental  
Health**

Anxiety

Depression

Hopelessness

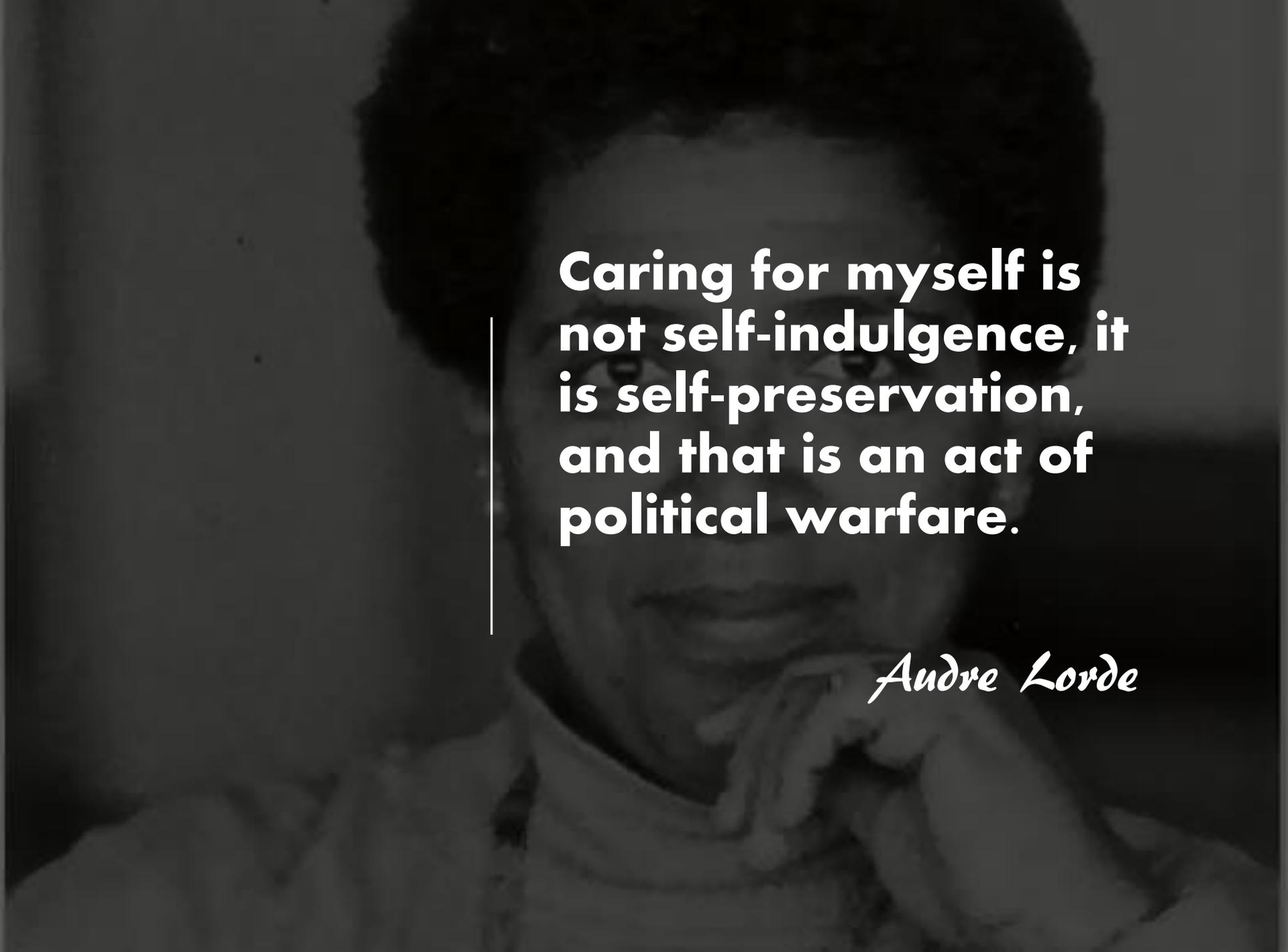


To allow oneself to be **carried away**  
by a multitude of **conflicting concerns**,  
to **surrender to too many demands**,  
to **commit oneself to too many projects**,  
to **want to help everyone in everything**,  
is to **succumb to violence**.

*Thomas Merton*

# Conversations that Yogis Need to Have





**Caring for myself is  
not self-indulgence, it  
is self-preservation,  
and that is an act of  
political warfare.**

*Audre Lorde*

# practices

**Singing**

**Dancing**

**Art**

**Time in nature**

**Ceremony**

**Ritual**

**Faith**

**Mindfulness**

**Organizing**

**Sports**

**Gardening**

**Mentoring**

**Yoga**

**Connection with Ancestors**

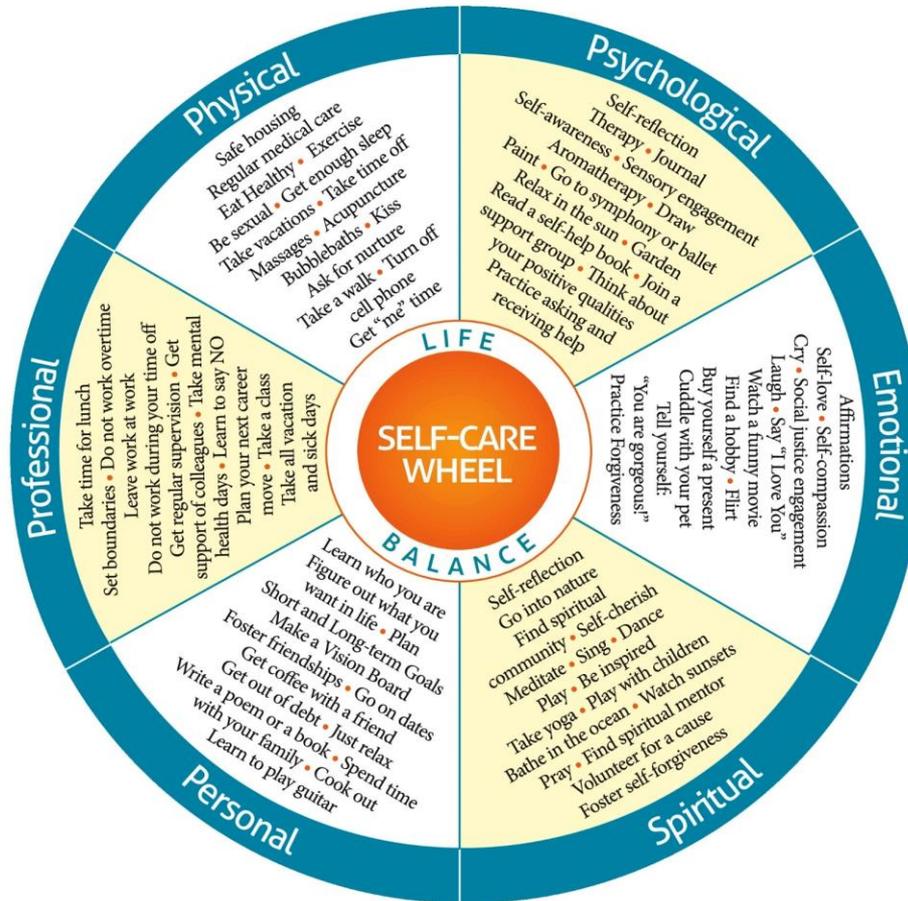
**Meals with others**

**Healing modalities**

# TIPS

- **Create a “no” list**
- **Promote a nutritious, healthy diet**
- **SLEEP**
- **Exercise—release endorphins**
- **Don't to put off checkups or visits to the doctor.**
- **Use relaxation exercises and/or practice meditation.**
- **Spend enough time with your loved ones**
- **Do at least one relaxing activity every day**
- **Do at least one pleasurable activity every day**
- **Look for opportunities to laugh!**

# SELF-CARE WHEEL

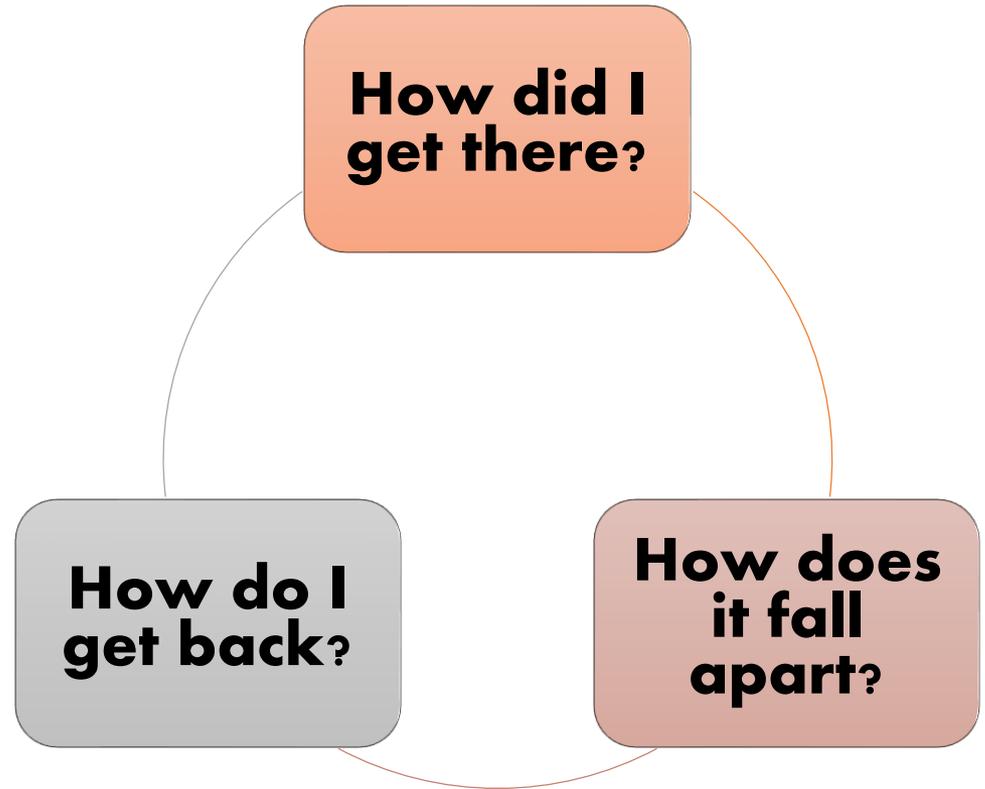


This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

[www.OlgaPhoenix.com](http://www.OlgaPhoenix.com)

How does  
it **feel**  
when you  
are  
**grounded**  
+ **living**  
your **best**  
**life**?



**Grounding = Yoga for the **Root** Chakra**



**Passion = Yoga for the **Heart** Chakra**

# self-care for change agents...



**Self-care** builds  
our capacity to do  
the work required  
for community



**Community** is  
necessary for  
collective **care**



**community  
of care**

# Seek community



## REFLECTION:

What are your needs? | Who do you go to? | What can you offer?

# Steps to build community of care

- 1) **Cultivate trust**
- 2) **Do our own work of dismantling oppression**
- 3) **Heal our own wounds**
- 4) **Be vulnerable and learn to sit with discomfort**
- 5) **Stay in relationship**



**THERAPY**

**REFLECTION**

**CULTIVATION**

**EMBODIMENT**

**EST. BOUNDARIES**

**ASK FOR HELP**

**SILENTLY RETREAT**

**RELEASE**



**Write down your...**  
**Best *physical* practices**  
**Best *emotional* practices**  
**Best *spiritual* practices**

TODAY  
I AM  
GRATEFUL

WO  
nt



# Cultivating Resilience

## Who inspires you?

**Let's send love, light + guidance and ask that the work we do honor their legacy + spirit.**



**Passion =**  
**Yoga + Meditation for the Heart Chakra**

be good to  
yourself