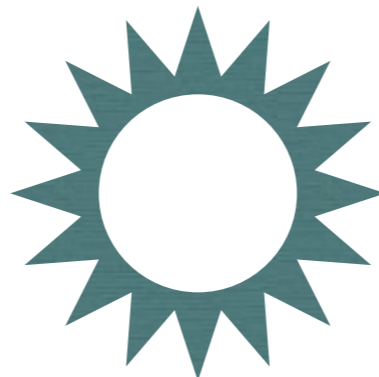


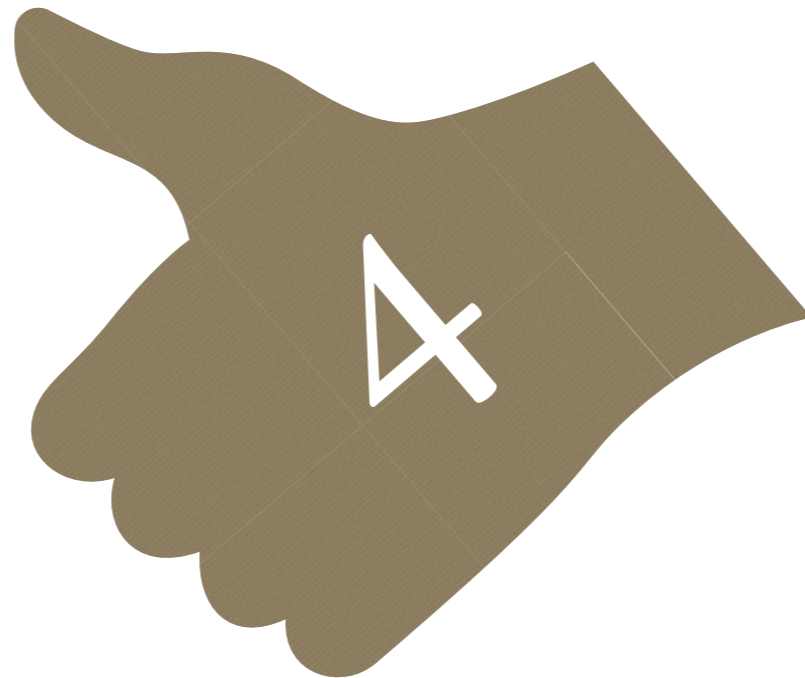
Staying Well and Engaged After Graduation

Part 4 of "Preparing for Civically Engaged Lives"

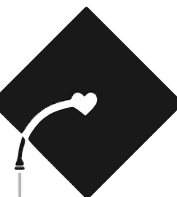
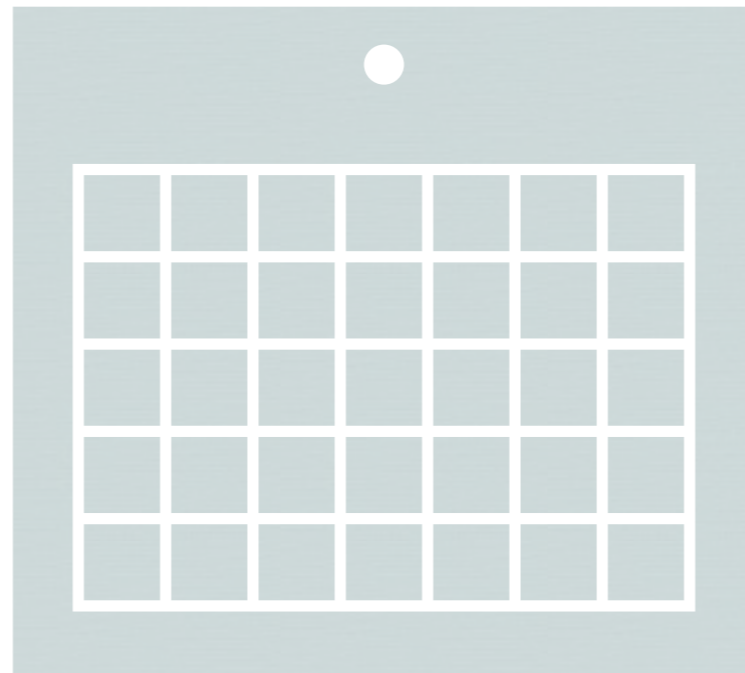
◆ Bonner 8 Themes Curriculum ◆



**Do you have adequate
professional self-care?**



Why Don't You Take Care of Yourself?



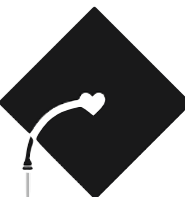
Jardana's Examples of Systems of Oppression

Internalized & Externalized Examples of Systems Showing Up

- White supremacy – martyrdom; de-valuing & silencing leadership, experience, & history of people of color
- Classism – imposter syndrome; meetings in locations that assume disposable income
- Capitalism – overwhelmed & burned out staff; attention only given to product or action
- Patriarchy – charismatic leader; marginalizes the experiences of folks based on race, class, ability, sexuality, & gender
- Heterosexism, Homophobia, & Transphobia - pressure to conform into gender normative culture; binary gendered bathrooms & organizing/training spaces

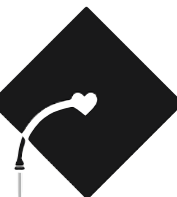
Applying Liberatory Leadership

- Practice - White folks encouraged to “know who they are” through connection to ancestry & culture
- Community - Incorporate storytelling into meetings
- Earth/Spirit - Deeper connection & relationship to natural rhythms of the Earth
- Imagination - Build collective leadership structures that value leadership styles across difference
- Action - Cis/straight leaders take responsibility for ensuring all-gender resources included in gatherings & approaches



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

—Audre Lorde



**We think self-care
means being selfish.**



**We confuse rescuing
with caring.**



**We don't realize we
teach people how to
treat us.**



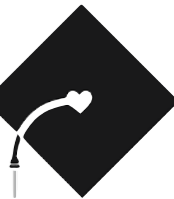
**We expect others to
take care of us.**



**We don't realize our
own worth.**



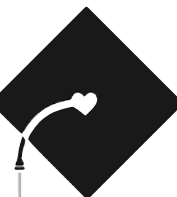
How to Care for Ourselves





“Forget the image of self-care you have in your mind of you luxuriating at the spa. Self-care means going through your list of work projects and sending that email saying your plate is full so sorry, you won’t be able to make that meeting.”

–Pooja Lakshmin, MD.

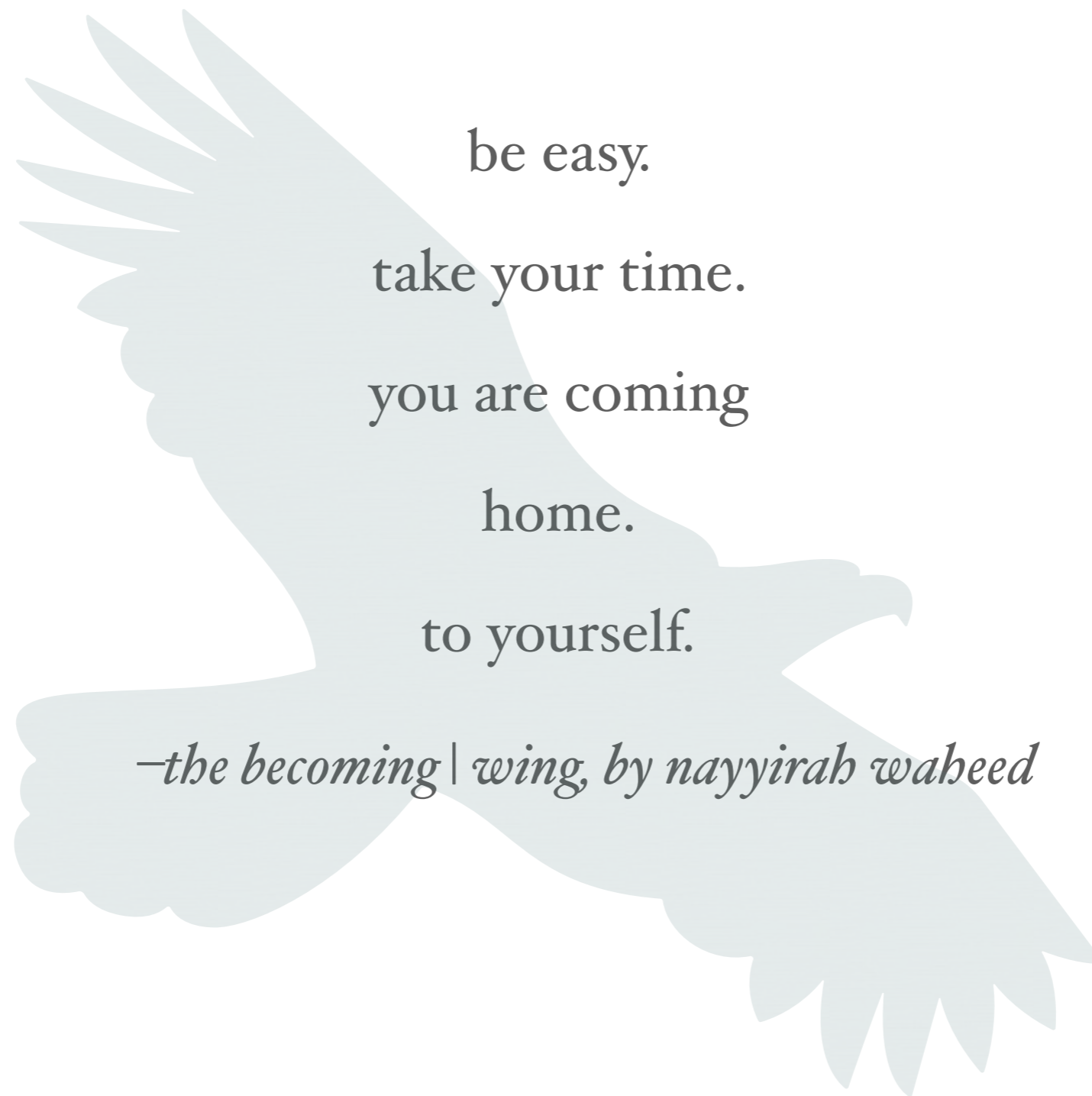




The Importance of Rest

-Alex Pang





be easy.

take your time.

you are coming

home.

to yourself.

—the becoming | wing, by nayyirah waheed

