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## DCADV 22ND ADVOCATES' RETREAT & CONFERENCE (2023)

May 2, 2023

Plenary Presentation

DECOLONIZING, REDEFINING, AND  
 RECLAIMING INDIVIDUAL HEALING AND COLLECTIVE CARE

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### Participant Handout

#### REFLECTION QUESTIONS:

- What does care look like for you as an individual?
- If you had the resources & capital– What's one practice of care could you imagine beginning today with your organization/community?
- What brought you joy as a kid or teen? What did you love to do to feel grounded?
- What does collective healing or structure care look like in your communities?
- What does healing mean to me, to our organization, and to our communities?
- Have you rested enough to do your most loving, meaningful work? (Nicola Jane Hobbs)

#### RESOURCE LIST

##### TRAUMA AND PRACTICE OF CARE

Transgenerational Trauma Graphic: Magdalena Weinstein (2021)

<https://www.instagram.com/p/CpBnqlZv1fM/>

Definition of Self-Care by WHO 2019

[https://www.who.int/teams/sexual-and-reproductive-health-and-research-\(srh\)/areas-of-work/self-care-interventions/conceptual-framework](https://www.who.int/teams/sexual-and-reproductive-health-and-research-(srh)/areas-of-work/self-care-interventions/conceptual-framework)

Definition of Self-Care by International Self-Care Federation

<https://isfglobal.org/what-is-self-care/>

##### HEALING RESOURCES

Healing Honestly by Alisa Zipursky

<https://healinghonestly.com/>

The Nap Ministry

<https://thenapministry.wordpress.com/>

The Complexity of Self-Care by Deanna Zandt

<https://medium.com/@deanna/the-unspoken-complexity-of-self-care-8c9f30233467>

Decolonizing Therapy Mental Resource List

<https://docs.google.com/document/d/1CHwGfgqVZo0N4xw3NwhbxRN9Exxzm2iOjhwHZc1DOFA/edit>

TEI Gratitude Practice Reflection Workbook (The Embodiment Institute)

<https://drive.google.com/file/d/1cfX8nTvk7f5uFWC8pxYYurSNzihUMLDX/view>

*Who is Wellness For?* By Fariha Róisín

[https://rep.club/products/who-is-wellness-for?\\_pos=1&\\_sid=c99db11f1&\\_ss=r](https://rep.club/products/who-is-wellness-for?_pos=1&_sid=c99db11f1&_ss=r)

**Article:** 4 Ways to Tell If Your Self-Care Practice Is Actually Making You Feel Better

<https://www.self.com/story/real-self-care>

**Article:** 4 ways to build a culture of self-care in the workplace—and why it matters

<https://www.fastcompany.com/90856241/4-ways-to-build-a-culture-of-self-care-in-the-workplace-and-why-it-matters>

**Article:** Supporting Mental Health in Philanthropy

<https://disabilityphilanthropy.org/resource/supporting-mental-health-in-philanthropy/>

**Article:** The Healing Powers of Gratitude

<https://www.self.com/story/gratitude-benefits>

**Article:** The essentiality of anti-capitalist self-care

<https://www.michigandaily.com/michigan-in-color/the-essentiality-of-anti-capitalist-self-care/>

**Article:** Why acknowledging and celebrating the Black feminist origins of ‘self-care’ is essential

<https://www.mentalhealthtoday.co.uk/blog/awareness/why-acknowledging-and-celebrating-the-black-feminist-origins-of-self-care-is-essential>

## MOVEMENT BUILDING RESOURCES

Stepping Up for Social Change

<https://www.yesmagazine.org/social-justice/2023/01/10/social-change-activism>

The Social Change Map: Deepa Iyer

<https://www.socialchangemap.com/>

Learning for Justice Resource: A Care Plan for Honest History and Difficult Conversations

<https://www.learningforjustice.org/magazine/fall-2022/a-care-plan-for-honest-history-and-difficult-conversations>

## STORYTELLING RESOURCES

Capital Storytelling: virtual classes/ workshops and open mics events teaching oral storytelling.  
[www.capitalstorytelling.com](http://www.capitalstorytelling.com)

StoryCenter: classes and workshops that teach digital storytelling.  
[www.storycenter.org](http://www.storycenter.org)

**Gulabi Stories: A South Asian Healing Initiative** led and curated by Meghna Bhat  
[www.gulabistories.com](http://www.gulabistories.com) (Deadline to receive applications from South Asian diaspora: May 15<sup>th</sup>)

Seeding Creativity Grant: <https://oacseedingcreativity.com/artists>

ABC Local News Article: <https://www.abc10.com/article/news/local/gulabi-stories-storytelling-project-to-help-the-south-asian-diaspora-heal/103-d6854649-f94b-4c1c-984c-80a883cf2b26>

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