

Radical Self and Community Care



[Graphic image description: Three people being held by two hands.]

What is Radical Self Care?

"...involves owning and directing our lives and **choosing** with whom, how, and how often we engage in our nested, interconnected worlds so that we can be **unapologetically ourselves** in the face of unrelenting pressure and expectations to be otherwise" (Nicol & Yee, 2017, p. 134).

And Community Care?

"In moments of grief, crisis, or trauma, and in the time before and after, **we need each other** to survive and thrive. We are obliged to lift up, honor, and hold space for our self-determination, to fight for our lives, and to remind each other of our worth and that none of us are disposable...**We must support each other's wellness**" (The Audre Lorde Project, n.d.).

And I Quote:

[Graphic image description: Three exclamation points.]



"Self-care, as it is conventionally framed, isolates marginalized individuals in their struggles, subscribing to a deficit philosophy...little to no attention is paid to the **institutions and systemic oppressions** that prevent wellness and self-care for marginalized peoples and their communities (Padamsee, 2011)" (Lazzell et al., 2019, p. 2).

[Graphic image description: Monochromatic tree with spreading roots and a full leafy canopy.]



Thriving:

- Mentally
- Emotionally
- Spiritually
- As a Community

[Graphic image description: Popcorn in a box.]



Something to Watch:

Radical Self Care: Alicia Garza

Something to Read:

Self-care Can Be Social Justice



[Graphic image description: Open book.]

Meet the Authors

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