

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

- Audre Lorde, 1988

Fortifying Ourselves in the Work



[Image description: Light bulb graphic.]

What Does it Mean to "Fortify?"

- To **add** physical protections, strengths, and supports
- To **ensure** mental protection, strength, and support

And I Quote:

[Image description: Three exclamation points graphic.]



Mingus (n.d.): "We must leave evidence. **Evidence that we were here**, that we existed, that we survived and loved and ached. Evidence of the wholeness we never felt and the immense sense of fullness we gave to each other. Evidence of who we were, who we thought we were, who we never should have been."



[Image description: Person holding a director's clapboard graphic.]

9 Essentials to Fortify Yourself in the Work (GLEC, 2021)

- Seek critical friends for support and understanding
- Exercise mindfulness and radical self-care (Lorde, 1988)
- Read/apply current research on social justice and equity
- Explore available opportunities for community healing
- Being authentic in equity work, against pressure to be someone or something else
- Recommit to equity work
- Personalize your equity journey
- Reflecting on your critical consciousness to realize your potential
- Challenge yourself to continue to grow

[Image description: Popcorn in a box graphic.]



Something to Watch:

The 20-Minute Talk: Episode 6

Hope, Healing, and Harmony for Antiracism

Meet the Authors

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