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).

Radical Self Care: Alicia Garza

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:
“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).

Thriving:
- Mentally
- Emotionally
- Spiritually
- As a Community

Something to Read:
Self-care Can Be Social Justice

Something to Watch:
Radical Self Care: Alicia Garza
Meet the Authors

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References


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