Put Down the Cape: Radical Self-Care

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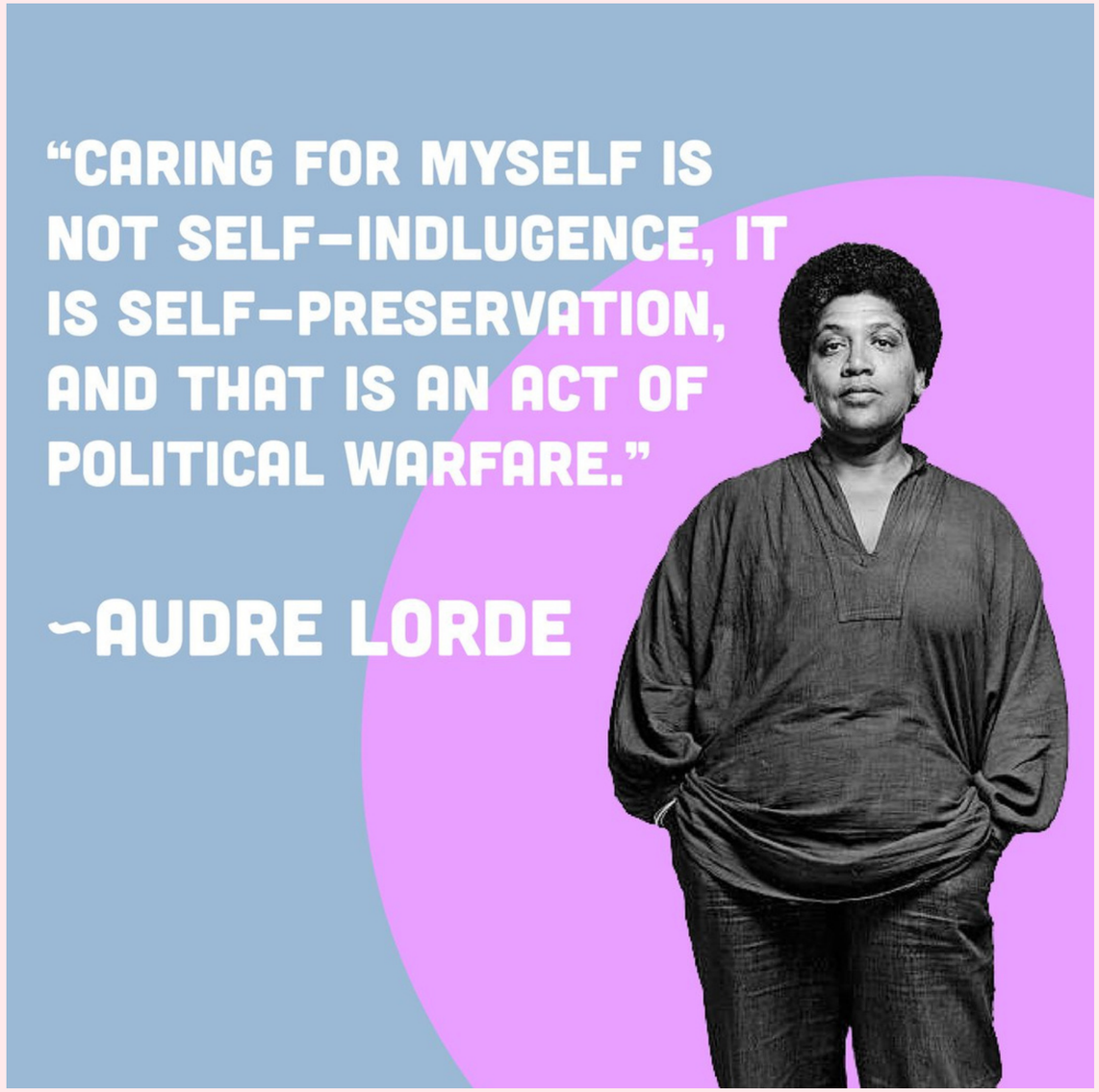
Objectives

- Identify at least 2 ways to implement radical self-care as a clinician.
- Identify at least 2 ways to use radical self-care in work with clients.
- Identify the 3 elements of radical self-care.

History



- Audre Lorde (poet and political activist) was writing about self-care while battling cancer for the second time in 1988.
- She was reflecting on her life as a black, queer, woman activist and viewed self-care as a political act of warfare.
- RSC is centered the idea of Black people taking back control over their own minds, bodies and spirits "to survive in a system that constantly tells us that our wellness isn’t important"

What does this look like?

- Radical Self Care (RSC) is the act of taking control over your own **mind, body and spirit,** and taking responsibility for your own well being.

Instagram - @makedaisychains

Radical Self-Care

Self-Care does not have to be glamorous or expensive such as a spa day, or vacation.

Radical Self-Care looks taking care of **YOU,** first.

Elements of RSC

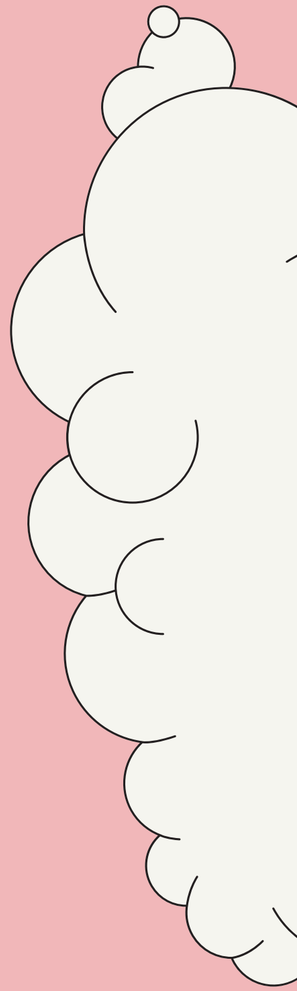
- Emphasis on **self** & our well-being.
- **Dismantling oppressive systems** - taking power back into our own hands instead of relying on these systems.
- Intentional **Daily** Routines - creating a daily ritual for mind, body, and/or spirit that makes sense for you.

Examples of RSC

- Yoga
- Meditation
- Being outside
- Walking 30 minutes a day
- Finding communities of support
- Unpacking racisms or other -isms (sexism, classism etc.)
- What else?

Why does this matter?

- Cultural Identities
- Barriers to care
- Current events



Barriers to Care

- Lack of cultural understanding of how some mental health disorders may show up for multicultural identities.
- A cultural expectation/collective experience to being perceived as strong.
- Making the time to care for self while caring for others.
- Feeling like an inconvenience or burdening others with "problems"

As clinicians RSC is important:

- We all have other identities outside of our work!
- Our own lived experience(s) with "isms"
- Vicarious trauma
- Emotional exhaustion

As clients RSC is important:

- Their identities outside of our office
- Their own lived experience(s) with "isms"
- Generational trauma
- Emotional exhaustion

Sticky Note 1:

- Pick an aspect of self-care (mind, body or spirit)
- What is one self-care activity you can implement in this area?

Mind - mental perceiving of thoughts & feelings (knowledge, reflection)

Body - physical parts of self (health, stress management)

Spirit - centered around having a purpose/ part of something bigger than self (love, meaning)

Sticky Note 2:

- Write down one affirmation for yourself after this breakout.
- Post it in a place you can see it every day for at least next month.

Other Resources

- Wellness Planning: https://alp.org/breaking-isolation-self-care-and-community-care-tools-our-people
- Self-Care As Liberation: https://www.compasspoint.org/sites/default/files/documents/HIVE_SelfCare.pdf
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Source

- Satya. (2019, May 06). RECLAIMING YOUR POWER THRU RADICAL SELF CARE. Retrieved October 27, 2020, from https://afropunk.com/2019/05/reclaiming-your-power-thru-radical-self-care/