SELF CARE and the “RULE OF THE HAND”

The habits of social justice (and of contemporary living) to abandon, deny, or repress self needs in sacrifice to the collective mission only serve to deny movements of their most important resource -- the “people part” of people power. It is counter to our principles to treat people as replaceable parts, and yet we willingly work as if we are. This self-care work needs to happen on both an individual and organizational level. Below are some practical tips for how to be strategic around self-care by prioritizing the tasks at hand.

Multi-tasking is a myth! We can only handle a handful of things at any given time. Knowing what our handful of priorities is increases the amount of energy, creativity and focus on what we are doing as a whole.

INDIVIDUAL EXERCISE:
1. Identify five priorities - only five!
2. At least one of the five priorities should be a self-care practice.

Developed by Norma Wong for Move to End Violence
movetoendviolence.org