

**FROM HOLLERING TO HEALING: RADICAL  
SELF-CARE  
IN  
CHALLENGING TIMES**



*bushCon2018*

Facilitated by **DR. JOI LEWIS**

&

**THE OM TEAM:**

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## Radical Self-Care BINGO!

**Directions:** Connect with someone in the room and discuss one of the squares. Sign each other's sheet, and then find a **new** person with whom to discuss a new topic. When completed with full sheet, yell BINGO!

What is your favorite way of taking care of yourself?	Describe the last time you were mindful with your eating?	What music do you listen to that makes you feel awesome?
When do you get your quiet time in your day?	<b>Ask any question you would like to ask . . .</b>	When was the last time you went for a walk outside?
Who do you count on for emotional support?	What stops you from taking care of yourself?	How do you prioritize your self-care?



## THE PROCESS:

The **Orange Method (OM)** is an iterative process of inquiry, grounded in **Radical Self-Care/Healing Justice** and **Radical Hospitality/Social Justice**. It is used to guide the transformation of systems (institutions, organizations, communities) and internalized oppression (of self and others).

There are four core practices: **Mindful leadership, Meditation, conscious Movement and eMotional liberation.**

### Learning Outcomes & Participant Agenda:

<u>Orange Method Practice</u>	<u>Learning Outcome</u>	<u>Agenda/Sequence</u>
<b>Meditation</b>	Get Grounded	Opening Welcome Introductions
<b>Mindfulness</b>	Get Present	Radical Self-Care Concentric Circles
<b>eMotional liberation</b>	Get Free	Radical Self-Care Vision
<b>conscious Movement</b>	Get Going	Dance/Yoga Break Closing Circle



## A Learning Foundation

- Communities are built through building relationships of trust and commitment.
- We are all doing the best we can (most of the time).
- “None of us are as smart as all of us.”  
- *Trudy B. Lewis*
- Oppression is pervasive and impacts us all. It’s not our fault, but we must accept responsibility.
- Conflict and discomfort are a part of growth.
- Seek first to understand, then to be understood.
- Individuals and organizations do grow and change.
- There are no quick fixes.
- There is HOPE.

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## Community Learning Guidelines

- **BE...**

- Open and honest
- Open to new and different experiences

- **DO...**

- Participate fully (at your own comfort level)
- Trust that through dialogue we will reach deeper levels of understanding and acceptance
- Listen respectfully
- Take Risks: *Lean into discomfort*
- Respect and maintain confidentiality
- Note and name group dynamics in the moment

- **SAY...**

- Speak from personal experience: *Use "I" statements*
- "Step Up" or "Step Back" – *Share air time*
- Name if you feel triggers
- Say: "Oops!" and "Ouch!"

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## Radical Self-Care

1. What have you witnessed/admired about the ways that others practice self-care?
2. How would others describe the way you practice self-care at work? Broader life?
3. What do you do or wish you were doing to take care of yourself now? What's standing in your way?

## Your Radical Self-Care

### Vision

[Written Reflection]

1. What is your vision for your own self-care?
  
2. What is one goal you will make to maintain your self care that you will commit to today and start tomorrow?

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## ORANGE PRINT

*Like a **blue-print**, the orange print is your guide to embodied action to radical self-care. Let it chart your journey from hollering to healing*

Your **Orange Print Super Power**:  
Your vision for yourself in the next week

<b>Mindful Leadership</b>	Conscious <b>M</b> ovement
<b>M</b> editation	e <b>M</b> otional Liberation