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

bushCon2018

Facilitated by DR. JOI LEWIS & THE OM TEAM: NASREEN MOHAMED & DR. LISA MOORE
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?
- **Ask any question you would like to ask . . .**
- 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?

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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:

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<th>Orange Method Practice</th>
<th>Learning Outcome</th>
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<td>Get Grounded</td>
<td>Opening Welcome</td>
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<td>Mindfulness</td>
<td>Get Present</td>
<td>Radical Self-Care Concentric Circles</td>
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<td>eMotional liberation</td>
<td>Get Free</td>
<td>Radical Self-Care Vision</td>
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<td>conscious Movement</td>
<td>Get Going</td>
<td>Dance/Yoga Break Closing Circle</td>
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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?
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

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