IMAGINING COLLECTIVE SELF-CARE

ACAM Dialogues
March 6, 2019

SELF-CARE CAN BE UGLY!

DOES IT ALWAYS HAVE TO BE "POSITIVE"?

LET'S TALK ABOUT IT!

EXPANDING OUR IDEA OF COMMUNITY

"I JUST WANT SOMEBODY TO HAVE BREAKFAST WITH IN THE MORNING!"

COMMUNITY MEMBERS
COLLEAGUES
NOT ONLY SIGNIFICANT OTHERS!
FRIENDS
STRANGERS

HOW WE TALK WITH EACH OTHER

NOT BEING READY WHEN PEOPLE 'LAY IT ALL OUT'
SOMETIMES PEOPLE DON'T WANT TO TALK
WHAT DO WE WANT TO SEE IN A CARING COMMUNITY?
ARE THERE PASSIVE FORMS OF SELF CARE?
GETTING TO DEEPER TOPICS?
JUST WANT SILENCE
FEELS LIKE WE CAN'T TALK ABOUT 'UGLY' SELF CARE

HOW ABOUT WHEN WE FAIL?

WE NEED FORGIVENESS

DIFFERENT IDEAS OF CARE & TRAUMA

INDONESIA 2008 TSUNAMI

"it's not the traditional way..."

"cultural nuances in how we show and receive care"

SOLITARY? RESTFUL?

SONGS & CELEBRATION?

...rooted in Consent

NO 'UNIVERSAL' SELF-CARE

ASKING, "WHAT DO YOU NEED FROM ME?" – IT'S DIFFERENT FOR EVERYONE

RESPECTING BOUNDARIES

?

GENDERED SELF-CARE

"I'M LIKE A SINGLE MOM"

"MY SISTER IS TREATED DIFFERENTLY"

"UN-LEARNING CERTAIN NOTIONS"

"BROS DON'T LIKE TO TALK ABOUT THIS STUFF"

COMMUNITY AGREEMENTS

HELP CREATE A SENSE OF SAFETY

AARON LAO