



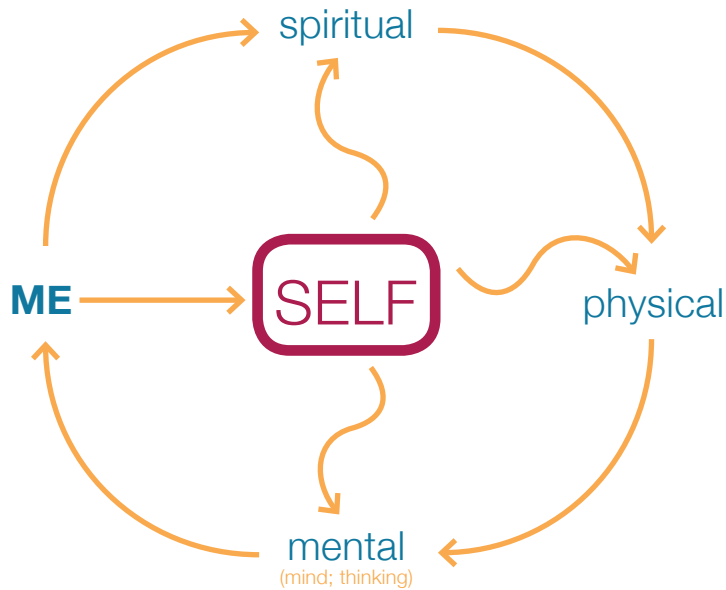
*Self Care for Sustainability  
and Impact Workbook*

## Context

We care for others. We care deeply about our causes, for our vision, values and mission. We care about our work, our impact, and how power and resources are used and allocated for the most vulnerable and powerless. We choose to have impact because we care.

The habits of social justice – and indeed, 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.* We are complicit in creating the circumstances for the depletion of our own power.

This workshop is about raising, cultivating, and practicing the full potential available from the human quotient. The primary vehicle for this is the learning of self care practices by individuals within the context of organizations that deal daily with violence and trauma, and are frequently led by survivors of violence and trauma. *Self care is foundational to our power, our resilience, our creativity, our health, and our collective impact.*



Our mind, body, and spirit are “hard-wired” together; each impacts the other

When one part is tired or depleted, all parts are tired and depleted

By working on and restoring one part, all parts benefit

# Self Care

## Values and Principles

- The word 'self care' sets up a paradigm of selfishness that must be broken in order for people to actually self care
- Self care is based on what you value and cherish
- You cannot care for others if you have not cared for your self
- It is not enough to just survive
- There is a difference between self and selfish
- Self care is in every moment; self care cannot be sustained as a compartmentalized activity
- Rest(oration) is critical to self care, and rest(oration) is not just a matter of stopping

- What do I do to take care of my self?

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- What does the organization do to take care of it self?

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- What do I do that doesn't take care of my self?

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- What does the organization do to sabotage its own self care?

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# The Role of Habits

(definition) A habit is an unconscious, repetitive act.







## Fire

What makes a fire burn  
is space between the logs,  
a breathing space.  
Too much of a good thing,  
too many logs  
packed in too tight  
can douse the flames  
almost as surely  
as a pail of water.

So building fires  
requires attention  
to the spaces in between,  
as much as to the wood.

When we are able to build  
open spaces  
in the same way  
we have learned  
to pile on logs,  
then we come to see how  
it is fuel, and the absence of fuel  
together, that make fire possible.

We only need to lay a log  
lightly from time to time.  
A fire  
grows  
simply because the space is there,  
with openings  
in which the flame  
that knows just how it wants to burn  
can find its way.

*—by Judy Brown, as shared by Puanani Burgess*









*Move to End Violence* is a 10-year program of the NoVo Foundation designed to strengthen leaders, organizations, and ultimately the movement working to end violence against girls and women in the United States. Every two years, Move to End Violence engages a group of 15 to 20 advocates—we call them Movement Makers—in work that helps enhance their leadership, build organizational capacity, and strengthen social change skills.

The program creates the opportunity for these leaders to step back from their daily work to reflect on how change is achieved, align around a shared vision, and develop strategies with trusted and talented colleagues for moving forward to end violence against girls and women. Move to End Violence also builds the capacity of Movement Maker organizations through operating grants and organizational development.



 **MOVE TO END VIOLENCE**  
a program of the NoVo Foundation

[www.movetoendviolence.org](http://www.movetoendviolence.org)