

# **EQUITY** IN MENTAL HEALTH

**Winter 2024 Session**  
**Price Center East Ballroom**

**March 7, 2024**  
**9:00 a.m. to 10:30 a.m.**

***Wellness as Community  
Practice and Rest as  
Resistance***



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**EQUITY, DIVERSITY, AND INCLUSION**

# **EQUITY** IN MENTAL HEALTH



**Izzy Narvaez**

**Assistant Director of Equity and Inclusion  
Education and Training  
Cross-Cultural Center**

# **EQUITY** IN MENTAL HEALTH

## **Wellness as Community Practice and Rest as Resistance**

**Izzy Narvaez (she/her)**

**Assistant Director of Equity and Inclusion Education and Training  
Cross-Cultural Center**



# **Wellness as Community Practice and Rest as Resistance**

**"Without community  
there is no liberation"**

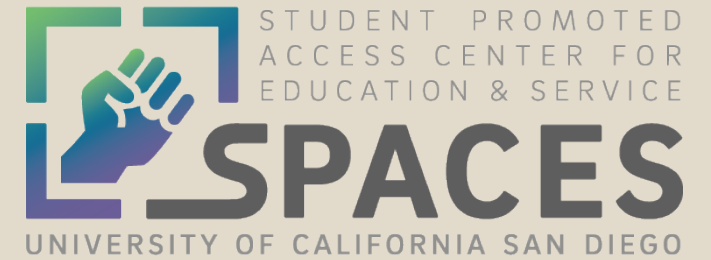
**-Audre Lorde**



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# More about me



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# Our Time Together

- **What is Wellness?**
- **Community Practice**
- **Rest as Resistance**
- **Putting it all Together**
- **Q and A**



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# An Invitation to Brave Space by Micky ScottBey Jones

Together we will create brave space

Because there is no such thing as “safe space”-

We exist in the real world.

We all carry scars and we all have caused wounds.

In this space

We seek to turn down the volume of the outside world,

We amplify voices that fight to be heard elsewhere,

We call each other to more truth and love.

We have the right to start somewhere and continue to grow.

We have the responsibility to examine what we think we know.

We will not be perfect.

This space will not be perfect.

It will not always be what we wish it to be.

But

It will be our brave space together,

And

We will work on it side by side



# Self-Reflection and Discussion

**How have you seen self or community care practiced? By family? By Media?**

**Who do you look to for support?**

**What is your favorite form of rest?**





# What is Wellness?

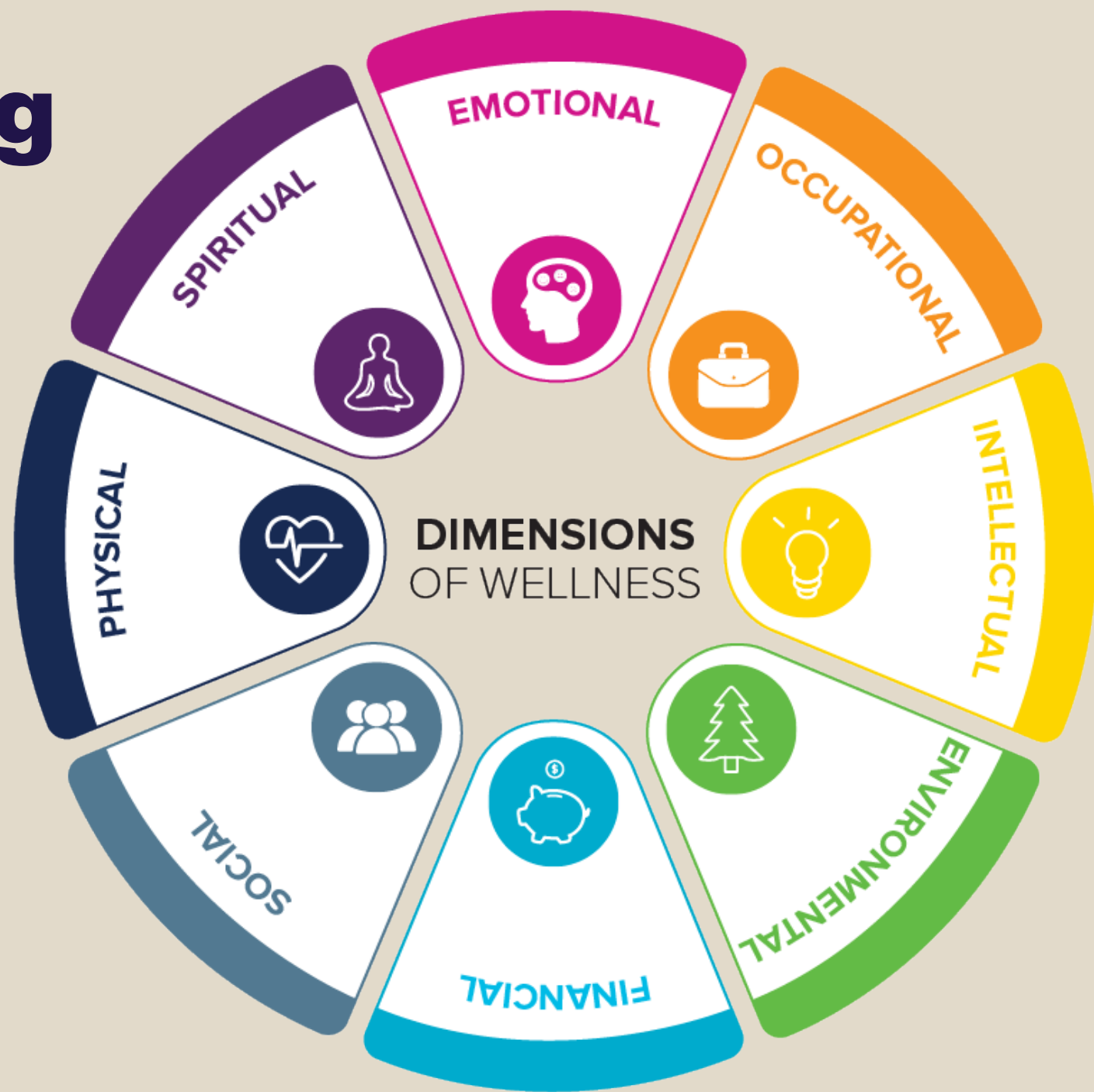
**Well-ness:**

*Overall well-being. The state of being in good health, especially as an actively pursued goal*



# Understanding Wellness

## 8 Dimensions of Wellness



# Barriers to Wellness

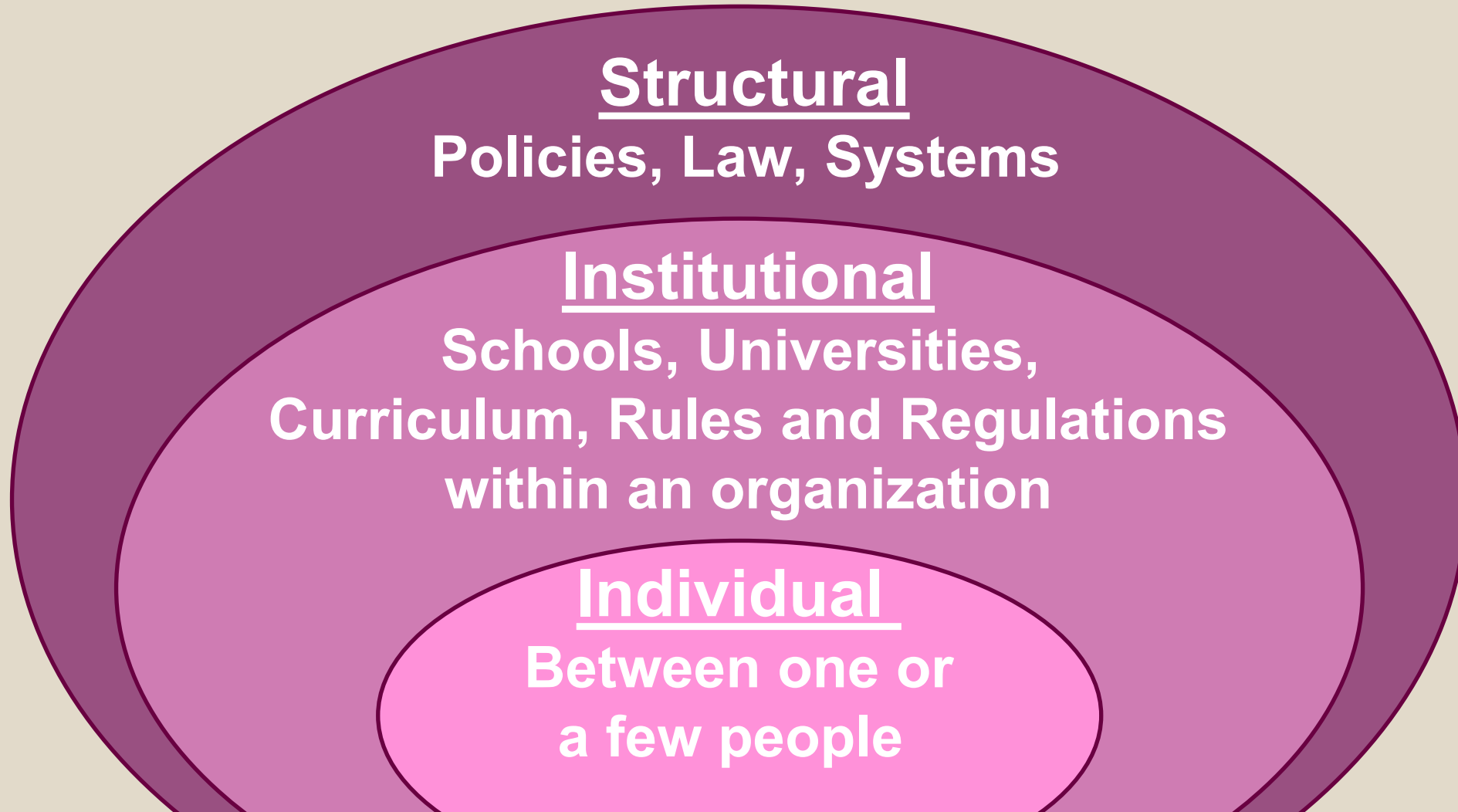
**"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."**

**-Audre Lorde**



# Barriers to Wellness

Individual, institutional, structural?



# Barriers to Wellness

Individual, institutional, structural?

Some of these barriers result from:

- **White supremacy**
- **Capitalism**
- **Generational Trauma**



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# Wellness as Community Practice

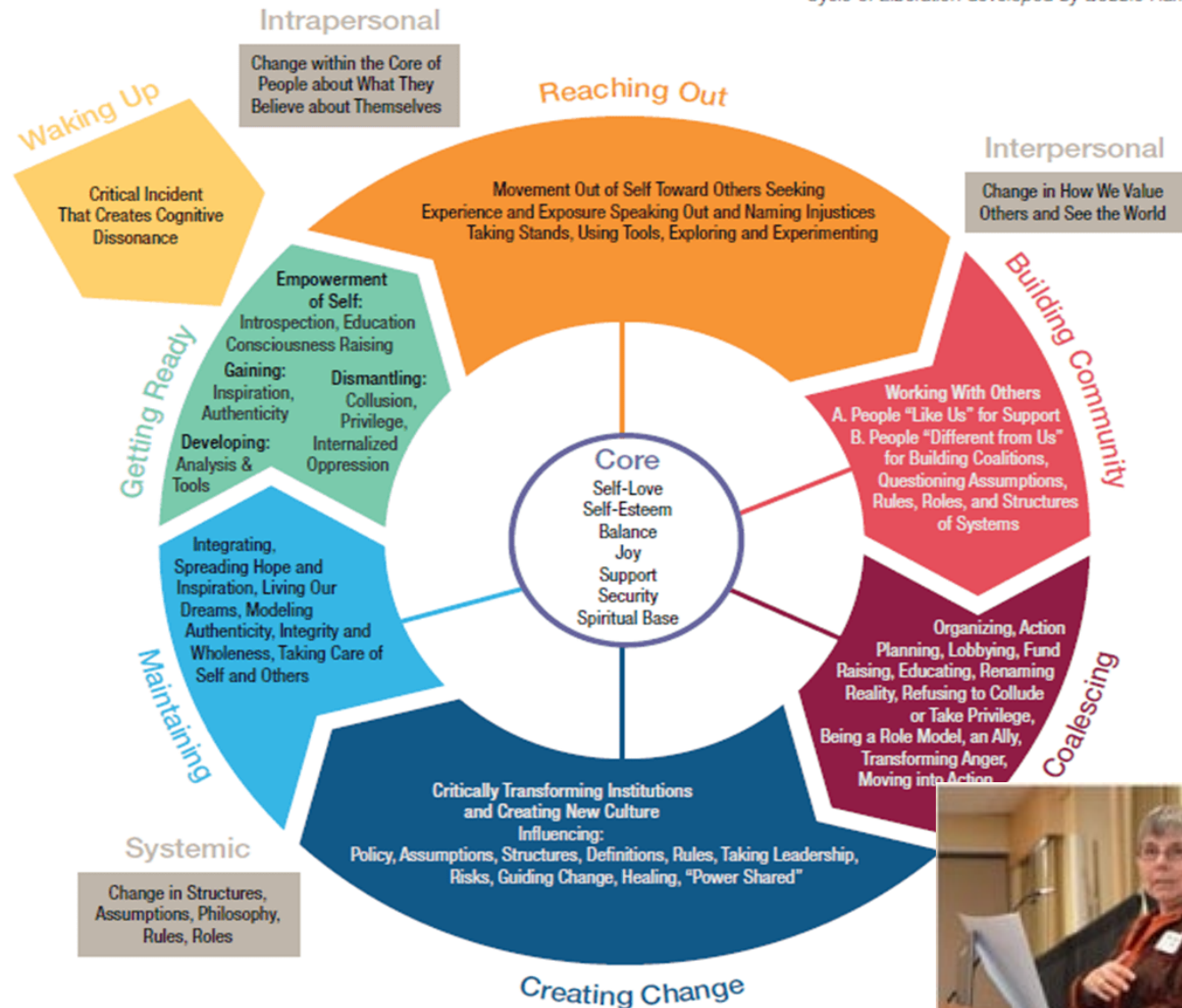
**"One of the most vital ways we sustain ourselves is by building communities of resistance, places where we know we are not alone."**



**- bell hooks**

# CYCLE OF LIBERATION

Cycle of Liberation developed by Bobbie Harro



# The Cycle of Liberation

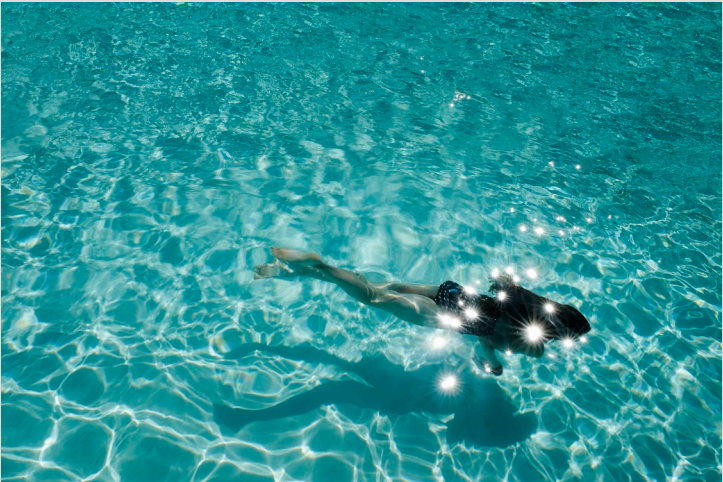
- **Bobbie Harro**
- **What do you notice about the various stages of the cycle?**
- **Pay attention to the core-how do these values show up in your daily life and work?**

**What systems do we have in place to support this cycle?**



# Rest as Resistance

## What is rest?





# Rest as Resistance

- **As a concept**
- **The Nap Ministry and Tricia Hersey's Frameworks**
  - **Rest is a form of resistance because it disrupts and pushes back against capitalism and white supremacy**
  - **Our bodies are a site of liberation**
  - **Naps provide a portal to imagine, invent, and heal**
  - **Our DreamSpace has been stolen and we want it back. We will reclaim it via rest**



# Rest as Resistance

What would it mean to center the values at the Core of the Cycle of Liberation?

What changes need to be made in order to do so?



# Further Learning

- **Breaking Isolation Tool**
- **Self-Care Time Finder**
- **Community Care Bios**
- **Links to articles**
- **More about Rest as Resistance**



**[tinyurl.com/eqmhwinter24](https://tinyurl.com/eqmhwinter24)**

"As women, we have been taught either to ignore our differences, or to view them as causes for separation and suspicion rather than as forces for change. **Without community there is no liberation**, only the most vulnerable and temporary armistice between an individual and her oppression. **But community must not mean a shedding of our differences, nor the pathetic pretense that these differences do not exist.**"

**-Audre Lorde**



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# **THANK YOU!**

**We look forward to seeing you at a future event.**

