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
Izzy Narvaez
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Assistant Director of Equity and Inclusion Education and Training
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"Without community there is no liberation"

-Audre Lorde
More about me
Our Time Together

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

- **Structural**
  - Policies, Law, Systems

- **Institutional**
  - Schools, Universities, Curriculum, Rules and Regulations within an organization

- **Individual**
  - Between one or a few people
Barriers to Wellness

Individual, institutional, structural?

Some of these barriers result from:

• White supremacy
• Capitalism
• Generational Trauma
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
The Cycle of Liberation

- Bobbie Haro

- 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
"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
THANK YOU!

We look forward to seeing you at a future event.