CULTURES OF CARE:

1. RECOGNIZE that we all need care at some point, in some way.
2. DEVELOP a deep understanding of self in order to be in better relationship with others.
3. SHARE what you need in order to be cared for well.
4. PROTECT your (and other people’s) time to rest.
5. PRACTICE vulnerability in ways that are reciprocal.
6. CULTIVATE intimacy.
7. MAKE connections between the micro and the macro.
8. TEND to your archives.
9. HONOR and recognize the leadership and knowledge of the people Indigenous to where you are.
10. TRUST survivors.
11. LISTEN to young people.
12. HOLD space for grieving; grieve in the ways that you need.
13. NURTURE imagination.
14. CELEBRATE.