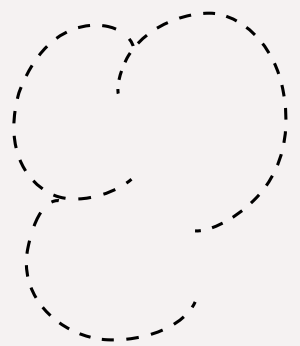


# CULTURES OF CARE

14 PRACTICES

## 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



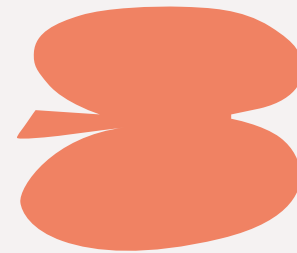
## 3 SHARE

what you need in order to be cared for well



## 4 PROTECT

your (and other people's) time to rest



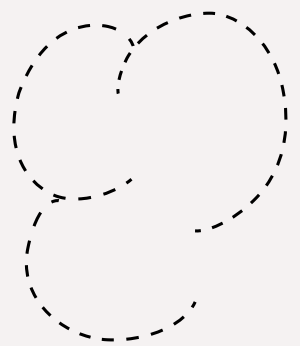
## 5 PRACTICE

vulnerability in ways that are reciprocal



## 6 CULTIVATE

intimacy



## 7 MAKE

connections between the micro and the macro



## 8 TEND

to your archives

## 13 NURTURE

imagination



## 14 CELEBRATE



## 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