SEARCHING FOR HARMONY:
SELF CARE AS A
SUSTAINING PRACTICE

WORKBOOK
Her Dream Deferred 2023
My Name is

I dedicate this journal of reflection to

(Enter the name of an ancestor you’d like to dedicate this reflective practice to.)
"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

Audre Lorde
You are welcomed by:

HOSTS

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Reflection Prompts about Self Care

Self-care means different things to different people.

How do you define self-care?

In what ways, have you engaged in self-care?

How would you like to improve on your self-care?
Think of a role model who reflects self-care in its ideal forms. This person can be a family member, friend, media personality, etc. In your mind, how does this person reflect positive self-care? What areas of their practice would you like to borrow for yourself.
“HELPED are those whose every act is a prayer for harmony in the Universe, for they are the restorers of balance to our planet. To them will be given the insight that every good act done anywhere in the cosmos welcomes the life of an animal or a child.”

Alice Walker
Reflection Prompts about Harmony

What’s the difference for you between harmony and balance?
Are you seeking harmony or are you seeking balance right now? Why?
Our ancestors held knowledge of how to heal the body.

Some healing practices are natural to us and others we have to learn. Our bodies remember!

Reflecting on your childhood, think about what brought you joy.

Were you happiest when you played outside with your friends or spent time alone reading a book?

Write down one of your fondest childhood memories.

How did your mind and body feel in this memorable moment?
Think of an elderly woman in your family (or a friend’s family). This person can be a mother, grandmother, aunt, or godmother.

How did she cope with stress? What did she teach you about trauma? How did you witness your elder coping and healing in community with other women or people?

What can you learn from these older women’s ways of resilience and resistance?
Harmonious Ways of Healing the Body
What are some intentional self-care practices you currently participate in or are interested in?
What are some rituals of self-care you perhaps unknowingly already practice?

(That small breath in a moment of stress, closing your eyes to bask for a moment in the sun, the moments of gratitude, etc.)
“Rarely, if ever, are any of us healed in isolation. Healing is an act of communion. True resistance begins with people confronting pain…and wanting to do something to change it.”

bell hooks
HER DREAM DEFERRED

#HDD2023
#searchingforharmony