

UW First Generation Graduate Student Social
Caring for Yourself and With Community – Small Group Activity
01/26/2017

What does self-care mean to you?

Have you seen examples of community or collective care? What did that look like?

What are concrete examples of self-care that work for you (or that you would like to try)?

What are ways you can incorporate community/collective care in your life?

How will you hold yourself accountable to practices of care?