

Session 13 – Wheel of Holistic Health

Materials:

- Agenda charted on the board or chart paper, or provided as a handout
- A meaningful talking piece
- A meaningful centerpiece
- Chart paper containing Community Agreements from Session 7
- Handout: "Wheel of Holistic Health"

Opening Ceremony

Ask participants if they know who Audre Lorde is. Elicit and explain that Audre Lorde was a self-described lesbian, mother, warrior, and poet, who dedicated her life and creative talent to confronting racism, sexism, classism, heterosexism, homophobia and injustice overall. She said:

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

Send a talking piece around, inviting participants to share their reflections on this quote based on the work we've been doing so far, recognizing:

- a) Who Audre Lorde was and how Black people, women, and queer people are valued and cared for in this country, and/or
- b) How it relates to education in this country, public education, and public educators, in particular? How are they (we) valued and cared for in this country?



Talk Participants Through Today's Agenda

- Opening Ceremony: Audre Lorde on Self-Care
- Check Agenda
- Wheel of Holistic Health
- Closing Ceremony: What Brings you Joy

Wheel of Holistic Health: Independent Work

Distribute the “Wheel of Holistic Health” handout. Referencing earlier sessions in which we touched on the fact that, as human beings, we are holistic, explain that when we speak of educator self-care, it makes sense we look at self-care in all dimensions of our lives represented by the four quadrants in this wheel.

Step 1: Invite participants to write what they do to take care of themselves in each area of their lives: emotional, mental, spiritual and physical. Consider providing some examples of your own self-care practices for each of the quadrants. Give participants up to ten minutes to work on their wheels.

Step 2: Invite participants to look over their self-care practices for each of the quadrants of their Wheel of Holistic Health. Which of the quadrants contain more/fewer practices? Are there practices that fit in more than one quadrant?

Step 3: Invite participants to think about a possible practice for each of the quadrants that they'd like to add, going forward. Ask them to write that practice on the outside of the corresponding quadrant, as a goal. Provide an example of your own to illustrate this step.

Wheel of Holistic Health: Pair Share

In their pairs, invite participants to reflect on their wheels of holistic health together by sharing out in response to the following prompts:

- Something you felt good about (1.5 min x 2)
- One thing that surprised you (1.5 min x 2)
- An area for growth, opportunity or concern (1.5 min x 2)

Remind them that they should take turns as listeners and speakers. Before they begin sharing, ask participants to decide who will speak first.

Wheel of Holistic Health: Large Group Share Out

Invite participants to share what this process of reflecting on their self-care was like for them, as well as any insights they gained or newfound goals.

As Shawn Ginwright reminds us in his seminal 2018 article, [The Future of Healing: Shifting from Trauma Informed Care to Healing Centered Engagement](#):

“Adult providers need healing too! Healing centered engagement requires that we consider how to support adult providers in sustaining their own healing and well-being. We cannot presume that adulthood is a final, “trauma-free” destination. Much of our training and practice is directed at young peoples’ healing but rarely focuses on the healing that is required of adults to be an effective youth practitioner. Healing is an ongoing process that we all need, not just young people who experience trauma. The well-being of the adult youth worker is also a critical factor in supporting young peoples’ well-being. While we are learning more about the causes and effects of secondary [trauma] on adults, we know very little about the systems of support required to restore and sustain well-being for adults.”

Suggest that participants display their wheel of holistic self-care in a place at work, or at home, where they’ll see it regularly, reminding them of the various ways in which they might practice self-care.

Closing Ceremony

The Dutch have a saying:

"Shared sorrow is half the sorrow and shared joy is double the joy."

Invite participants to consider what this means in the context of today’s session. Next, send a talking piece around inviting participants to share something recently that brought them joy.

Handout: Wheel of Holistic Health

