

As we move into summer after a fatiguing year, I wanted to reflect on the history of Self-Care and it's relationship to our CPLC Season 3 "Values that Guide Us". Inspired by Martha Burtis's work on "Designing for Self-Care" and Matt Cheney's work on "Generous Thinking Now."

SELF-CARE IS...



...HEALTHCARE



Self-care originally caught on as a medical concept. Doctors have long discussed it as a way for patients to treat themselves and exercise healthy habits, most often under the guidance of a health professional. Prior to the late 1960s and early 1970s, these patients were usually mentally ill and elderly people who required long-term care and otherwise had little autonomy.

Aisha Harris, "A History of Self Care"

...POLITICAL



The term spread from the medical community to the larger community in the 1960s, thanks to civil rights activists—particularly, The Black Panther Party...

By distributing food to those in need, creating health clinics, building programs to educate and share accessible information with others, and more, the Black Panther Party put care into action in real tangible ways for their communities.

Martha Tesema, "How You can Honor the Radical History of Self-Care"

...INTERSECTIONAL



"(Practicing radical self-care) means we're able to bring our entire selves into the movement," [Angela Davis] said. "It means we incorporate into our work as activists ways of acknowledging and hopefully moving beyond trauma. It means a holistic approach."

Angela Davis, cited by Martha Tesema.

...VITAL



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

Audre Lorde, *A Burst of Light*, 1988

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