

**Chalice Lighting:** “You can’t run away from your problems. Your answer for wellness is never going to be outside of you. It’s not going to be practice, diet, or a guru. Real Wellness lives inside your decisions. You’re the only one who can give that to yourself.” - **Pooja Lakshmin, What does it mean to engage in self-care in American society? NPR March 2, 2023**

*Let us take a moment to gather our thoughts, to settle our minds, to meditate, to pray, to follow our breath. Let us pause...*

*As we continue, let us remember the importance of attentive listening without interruption. Listening is a way to show respect, regard, and love.*

### **Check-in**

**Focus Readings:** “Faux self-care is a method—in the moment, going for a run might improve your mood, but it does nothing to change the circumstances in your life that lead you to feel drained, energy-less, or down. On the other hand, the work of real self-care is about going deeper and identifying the core principles to guide decision-making.” - **Pooja Lakshmin, Real Self-Care**

“The four parts of authentic self-care:

1. Setting boundaries.
2. Learning to deal with guilt – developing self-compassion in the way you talk with yourself.
3. Identifying what your actual values are and making your decisions from there.
4. Understand this is how we take back power from the systems of oppression.

We are living in a world where white supremacy and toxic capitalism are making it to where we are constantly swimming upstream when it comes to mental health. In this process of reclaiming self-care, making it come from an internal lens is the real work. Audre Lorde said, ‘Caring for myself is not self-indulgence, it is self-preservation’, It’s not just taking 15 minutes out of your day to meditate. It’s every decision you make in your life. It’s not about the thing, it’s about the process you take to get there.” - **Pooja Lakshmin, What does it mean to engage in self-care in American society? NPR March 2, 2023**

### **Questions:**

- What do or have you done that left you feeling complete - satisfied with yourself?
- What values do you realize when truly caring for yourself.
- What experience have you had with faux self-care? How did this experience clash with your values?
- How will you care for yourself going forward?

### **Likes and Wishes**

#### **Closing Words & Extinguishing Chalice:**

“When you show up with an internal lens you model it for those in your life. You change your interpersonal relationships. That has downstream effects. Ultimately, real self-care is about community” - **Pooja Lakshmin, What does it mean to engage in self-care in American society? NPR March 2, 2023**