

Being Human: Self-Care During a Time of Relentless Crises


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Former Title:

Nothing's Going to
Change: It's Just
Hopeless, Hopeless
Everyone



Stuff we'll talk
about today



Disclaimers



Why you are
awesome



Food and air



The last few
years



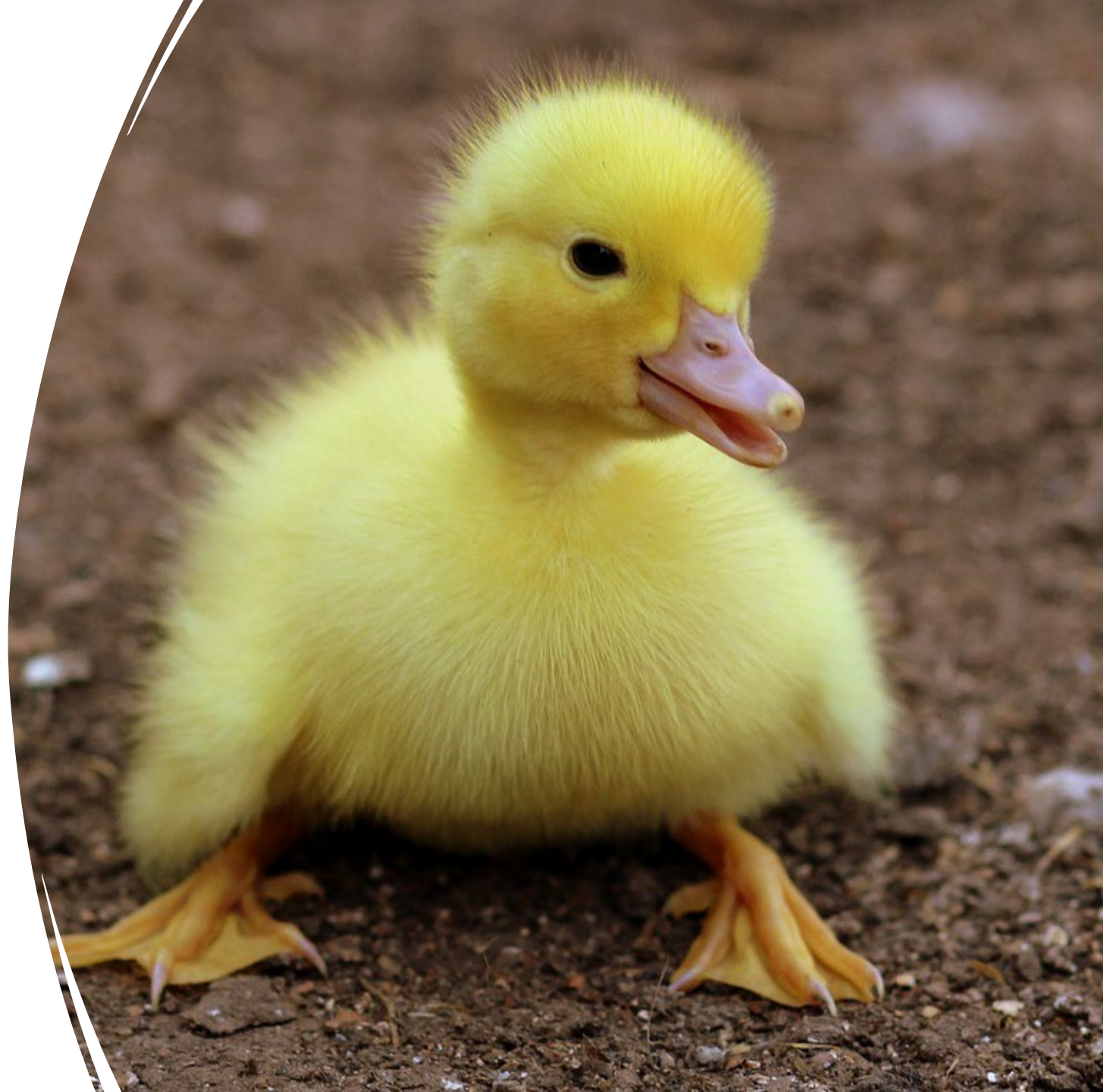


“This is an auto-response. I will try to get back to you as soon as I can. But what exactly is the point of doing so? Life is a loose collection of primal screams echoing in the Void. Your email and my response are nothing but a series of ritualized actions to distract us from the horrors of inevitable oblivion.”

Surge capacity.
Ambiguous
Loss.
(Tara Haelle)



A better
normal



Things we can no
longer put up with



It's OK to not
be OK



Celebrate
the small
victories



Redefine
“productivity”
and “laziness”



Rest and Recharge



Giving
ourselves and
one another
grace



Change the
scripts we
use with one
another





Destigmatize mental health





To-Not-Do List



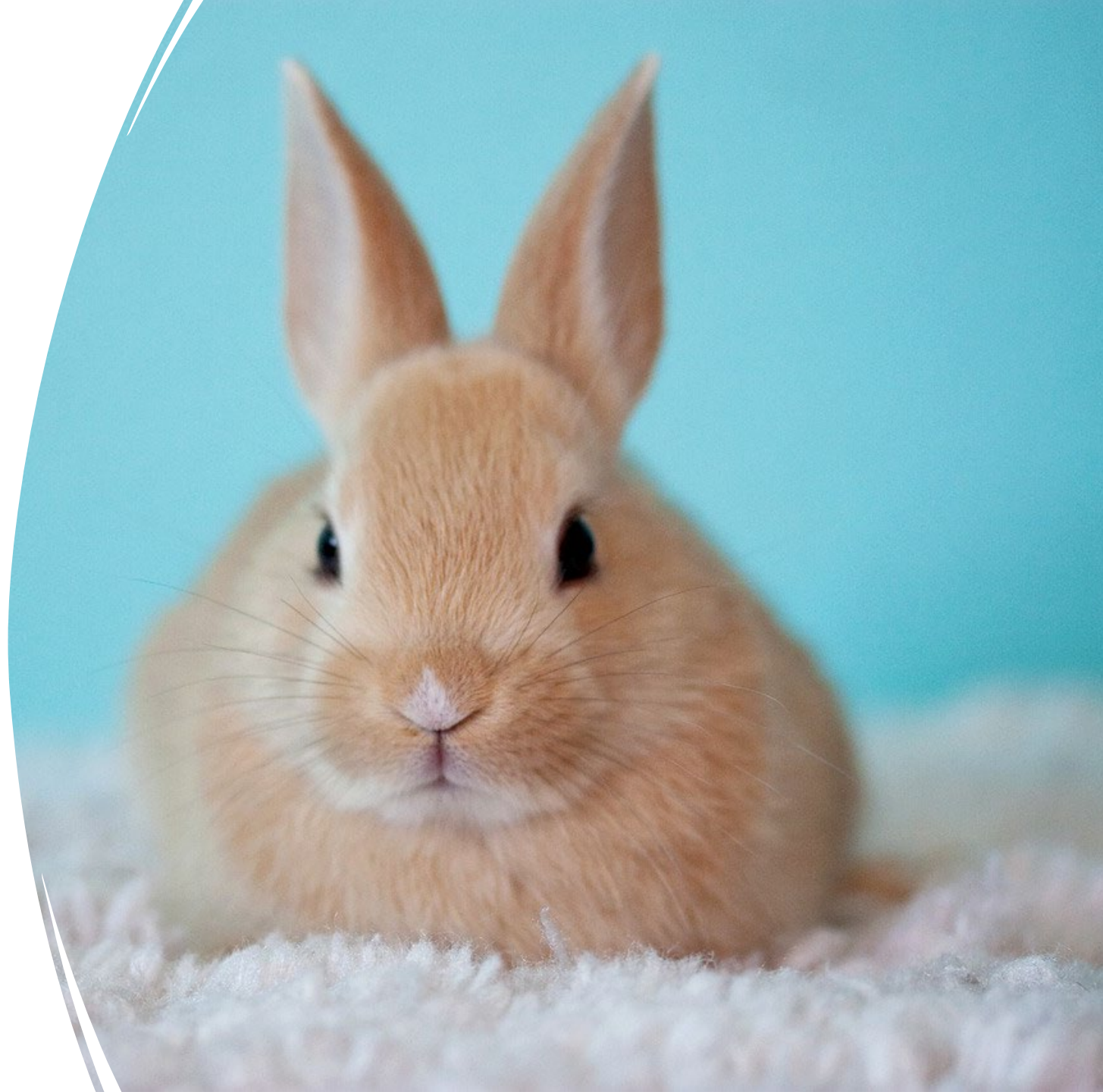
How are you de-
conditioning your
stress tolerance?



What battles are
you fighting that
you don't have to?



What unrealistic
expectations are you
giving for yourself?



What
boundaries are
you setting with
others?



What are you
giving yourself to
look forward to?



Moving
from self-
care to
we-care



The ripples you
create



We are Jedi
Unicorns



“Never forget that you are one of a kind. Never forget that if there weren’t any need for you in all your uniqueness to be on this earth, you wouldn’t be here in the first place. And never forget, no matter how overwhelming life’s challenges and problems seem to be, that one person can make a difference in the world. In fact, it is always because of one person that all the changes that matter in the world come about.”

R. Buckminster Fuller

