



TroubleNation

501:

Hope & Care

Take Care of yourself!



- This work is fulfilling, but hard!
- Make sure to take time to care for yourself.
- Take inspiration anywhere you can find it! We have some stories to share.

UNDERSTANDING WELLNESS AND SELF-CARE

- **What is Wellness?**

- *A holistic approach to health encompassing physical, mental, emotional, social, intellectual, spiritual, and occupational well-being.*

- **What is Self-Care?**

- *Purposefully engaging in activities and practices that create balance, reduce stress and enhance overall wellness.*

- **Why does it matter?**

- *Enhances overall quality of life*
- *Prevents burnout and stress*
- *Promotes sustainable health and happiness*

KEY DIMENSIONS OF SELF-CARE

- Physical Wellness
- Mental and Emotional Wellness
- Social and Relationship Wellness
- Spiritual Wellness
- Intelligence and Occupational Wellness



SELF-CARE STRATEGIES

1. FIND YOUR JOY



2. EMBRACE THE QUIET



3. CREATE COMMUNITY



5. SET BOUNDARIES AND STICK TO THEM!



4. GET PHYSICAL



5. PLAN AND PRIORITIZE



DEVELOPING A SELF-CARE PLAN

ASSESS YOUR NEEDS

SET A SELF-CARE GOAL

SEEK SUPPORT

SCHEDULE TIME FOR YOU

PRACTICE SELF-FORGIVENESS



Changing the School Board's Mind

- Amanda Pauly organized her small community to stop a majority-extremist board from banning books.
- Her son and other kids got involved!



STORIES OF HOPE

ELK COUNTY WRITE-IN VICTORIES

- In Benezette Township two citizens decided to run a write-in campaign against the endorsed party candidates.
- Amanda Maholtz won and is the new Township Supervisor.
- Tom Wilson also won and is the Chair Supervisor for the township.
- The township is the county seat of Elk County.

STORIES OF HOPE

PIKE COUNTY FLIPS A COMMISSIONER SEAT!

- In Pike County, PA, the community worked together to elect Christa Caceres to their county commission.
- She is the only Democrat, only woman and only person of color on the commission



STORIES OF HOPE



SAVE OUR SCHOOLS NC CHANGES THE LAW

- In 2017, SOSNC started by accident
- We were trying to get one law passed, to change an earlier law that leaders claimed was a “mistake.”
- It took over a year of work, but we won!

STORIES OF HOPE

Croyden, NH's school budget miracle

- In a poorly-attended town meeting, an anti-public school citizen sprung a surprise motion to cut the public school budget by more than half.
- Shocked citizens found a way to reverse those cuts.



<https://www.nytimes.com/2022/07/10/us/croydon-free-state-politics.html?smid=tw-share>

<https://www.haveyouheardpodcast.com/episodes/136-state-of-revolt?rq=136>

Red Wine & Blue

Lessons Learned

- Work together (and ask for help!)
- Small acts can have big effects
- You know your communities, and community matters
- Disregard naysayers
- Connect on values

