



*care*

# breathe

each of us deserves access to the care we crave. on the timeline we need. in our own communities and on our own terms. we thirst for the kind of rest and connection that precipitates mutuality and prefigures liberated futures. we want comfort in our mind, body, heart, spirit, and kinship networks as integrated components of our livelihood. we demand to be understood as whole persons and peoples, in or out of our waged and unwaged labors.

collective care builds power.

how does life look when we nourish our own and others' capacities to care?

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# what helps you feel *present*?

what do you need in  
order to feel  
*healthy and safe?*

what does your community need in order to  
feel healthy and safe?

**plan**

what helps you  
feel *rested*?

***relax***

what would allow us to feel more collectively rested?

how do you like to  
*be cared for?*

how do you like to  
*care?*

are there any similarities or differences between how you  
like to care and how you like to be cared for?

**enjoy**

who can you  
collaborate with  
to foster ideal  
*conditions for care?*

whose care practices inspire your own?

*Join up*

what kinds of  
*care strategies*  
could we practice  
together?

what routines or rituals  
could contribute to our mutual well-being?

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what does  
*collective care*  
mean to you?

how can we  
creatively  
*communalize care?*

\*  
\*  
in what ways have you been conditioned  
to take care of things on your own?

how can we interrupt individualism?

\*  
\*  
**reflect**  
\*

what is possible  
when we commit to  
*mutual safety, rest,  
joy, and creativity?*

how will we  
*care next?*

*thrive*



