The cerebral cortex has about 20 billion neurons in the human brain which carry out the highest levels of mental functioning. How will you use these neurons to continue to learn about equity?

The cerebellum receives information and then regulates motor movements. What do you need to keep moving forward in this work?

Your body can only go 3 minutes without oxygen. What do you do to catch your breath, and take in fresh oxygen when you engage in this work?

The heart does not need a body to beat as it has its own electric impulse. What is a healthy rhythm for balancing this work with your life?

One of the many jobs of the liver is to filter out harmful toxins. How will you filter out hurtful, and harmful things that this work may bring upon you?

The job of the small intestines is to absorb most of the nutrients from what we eat and drink. What nourishes you when you are stressed or uncertain?

Muscles take up to 14 days to recover from an intense workout. How will you give yourself enough time to recover from strain?

This work is emotionally and physically taxing. How will you take care of yourself? What do you need to be centered?

SELF CARE

Island in the Storm

in

self care