

FAIRER HEALTH FOR ALL LEADERSHIP TOOLS: FEELING



SELF-CARE WHEN WORKING WITH INEQUALITY

Inequality affects people emotionally, physically, and spiritually, including those working to challenge it. This tool helps leaders reflect and care for themselves in the face of inequality.

WHERE DOES INEQUALITY SHOW UP IN THE WORK I'M DOING?

Think about race, class, disability, gender, geography, language, or access.

HOW DOES WITNESSING OR WORKING WITHIN INEQUALITY AFFECT ME?

Be honest and think about frustration, fatigue, numbness, anger, or drive to act (all responses are valid).

WHAT PRACTICES HELP ME STAY GROUNDED AND COMPASSIONATE WHEN WORKING WITH INEQUALITY?

For example, community connection, rest, creative outlets, learning from lived experience.

WHO SUPPORTS ME EMOTIONALLY OR REMINDS ME I'M NOT ALONE IN THIS WORK?

List trusted people, mentors, groups, or spaces where you can be real.

WHAT DO I NEED TO LET GO OF, OR SAY NO TO, TO KEEP DOING THIS WORK SUSTAINABLY?

For example, perfectionism, guilt, overwork, saviourism etc.