

# Self-care as a political strategy



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# The soul song of organizations

## Organisations are like living beings.

We often think of organizations as created to deliver outputs. However, organizations are not just functional- they are physical, emotional and spiritual. **They have souls**, and it is each others organization`s *soul song* that keeps its rhythm going, energizing and inspiring growth”.



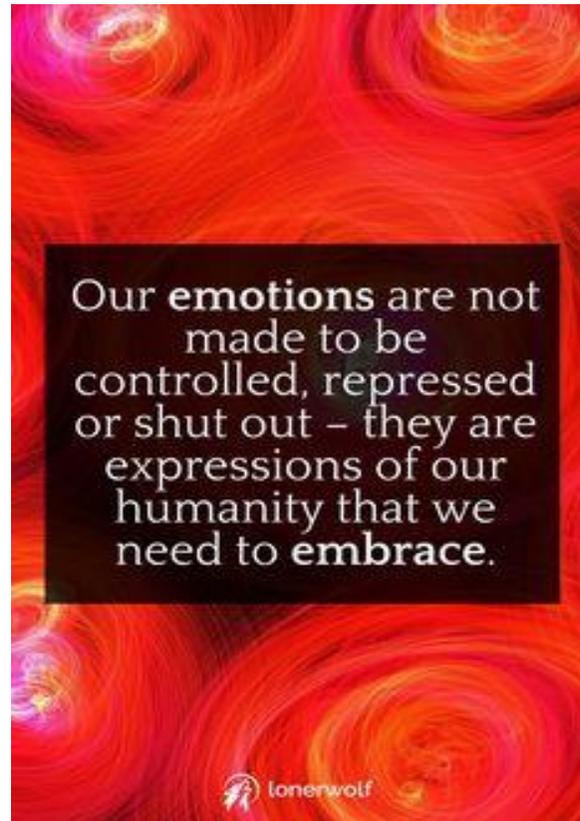
## ***The personal is political.***

This motto guides our reflections on the importance of seeing ourselves **as political subjects who do for ourselves what we want for others.**

Thus, following the self-care approach, we do a personal assessment and reflect on the way we are developing the defense of human rights or activism. Would we like the people we support to have the workloads we have now? Does the way we relate to our women and men comrades in struggle contribute to social change? It is through these kinds of reflections that we attempt to concretize in our daily lives our discourses in favor of people's lives.

# Self-care is central...

Self-care is central to individual and organizational well-being, and it begins with self-love - **on being able to see and be present to yourself.**



# Personal and collective self-care...

**do not eliminate stress or rivalries definitively**, nor do they improve our workplaces permanently.

Even so, **we are convinced that they offer tools for dealing with**, talking about and reflecting on conflict, and looking differently at the tensions and obstacles that emerge in the defense of human rights, without condemning others who do the same, **understanding instead why they do it and being aware of the impact of their actions on us.**

## **We do not aim to idealize self-care.**

We know that even with this approach, things that we do not like will continue to happen, but the way we deal with them will be different.

**We also do not want self-care to turn into a burden or guilt for not having done enough,** as we are convinced that human relations are complex and always impose challenges on us. The more tools we have to get through them, the better. We believe in taking breaks and finding breathing space so we can look compassionately at our setbacks and keep going.

## Sources

- Self-care as a political strategy Ana María Hernández Cárdenas and Nallely Guadalupe Tello Méndez in <http://sur.conectas.org/en/self-care-as-a-political-strategy/>
- Strategies for building an organization with a soul, Hope and Ruda Chigudu. [www.airforafrica.org](http://www.airforafrica.org)
- Self-Care and Self-Defense Manual for Feminist Activists

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