



“THE MISSING INGREDIENT IN SELF-CARE” BY DR. PORTIA JACKSON PRESTON

EMPOWERED TO EXHALE

TEDX TALK DISCUSSION GUIDE

This guide can be used to facilitate a group discussion on wellness, or for independent reflection. The talk can be found at: <https://www.youtube.com/watch?v=Eupk56SG76M>

1. What is self-care?

Before you begin watching the talk, take a moment to reflect on your definition of self-care:

2. In the talk, Dr. Jackson Preston shares her journey from denying that stress could impact her health, to having to prioritize her wellness. She explains that several health crises led her to this turning point.

Take a moment to think of a turning point that forced you or someone you know to prioritize wellness. If you have not had an experience like this, reflect on what led you (or could lead you) to focus on your wellness?



“THE MISSING INGREDIENT IN SELF-CARE” BY DR. PORTIA JACKSON PRESTON

EMPOWERED TO EXHALE

TEDX TALK DISCUSSION GUIDE

3. Dr. Jackson Preston describes how the following elements of her culture and the society she grew up in have shaped her journey: 1) her experiences as a Black woman growing up in South Central Los Angeles, and 2) her exposure to societal messaging about what is required for success. Our lived experiences and the messaging we receive from our family, peers, culture, and society at large can have a significant impact on how or whether we practice self-care.

How have your experiences informed your approach to caring for yourself?

4. In the talk, Dr. Jackson Preston shares examples of her wellness practices, such as walking or dancing daily (physical), practicing self-compassion (emotional), and spending time in nature and with her faith community (spiritual).

Using the free guide to your wellness journey available on our website, brainstorm examples of practices you currently engage in (or would like to) for at least two areas of wellness.



“THE MISSING INGREDIENT IN SELF-CARE” BY DR. PORTIA JACKSON PRESTON

EMPOWERED TO EXHALE

TEDX TALK DISCUSSION GUIDE

5. It can be difficult to prioritize your wellness in the midst of life’s challenges.

What is one small thing you can do to engage in wellness on a consistent basis? Who can you reach out to for support and accountability?

6. The social ecological model is used in the talk to discuss factors at multiple levels that influence our behavior (individual, interpersonal, community, organizational, and policy). Dr. Jackson Preston states that “the missing ingredient in self-care is a multi-level approach...self-care should be practical, holistic, inclusive, and it should be supported by resources on each of these levels.”

Brainstorm how your behaviors are influenced by resources, practices, or policies on at least two of these levels.



“THE MISSING INGREDIENT IN SELF-CARE”
BY DR. PORTIA JACKSON PRESTON

EMPOWERED TO EXHALE

TEDX TALK DISCUSSION GUIDE

7. How can you use resources on any of these levels to engage in communal care, in which your wellness is supported, and you help to support the wellness of others?

8. How have your thoughts on your approach to wellness evolved as a result of this discussion?
