



Part One: Get Ready > 4. Prepare yourself to facilitate.

## TOOLS FOR A DEEPER DIVE

### [Audre Lorde Thought of Self-Care as an “An Act of Political Warfare”](#)

This article explores how Lorde believed self-care was a way for Black women in particular to reclaim the right to a sustainable, love-filled way of life, even as they provide love and care to others in their families and communities.

### [Facilitator’s Guide for Continuous Improvement Conversations with a Racial Equity Lens](#)

This guide was developed by Living Cities “to support facilitators and leaders to advance cross-sector conversations and efforts aimed at population-level impact.”

### [Nine Self-Care Reminders for the Over-committed Activist](#)

This post offers practical guidance that connects self-care and community-care.

Notes

