

DECOLONIZING WELLNESS

Decolonization is the action of removing the effects of colonialism and white supremacy from all aspects of knowledge gathering. Decolonizing wellness is about reclaiming wellness practices that are rooted in culture and spirituality but have been desecrated, appropriated, commodified and made exclusive to a few.

Reflection Questions

Name: _____

Intention: _____

Date: _____

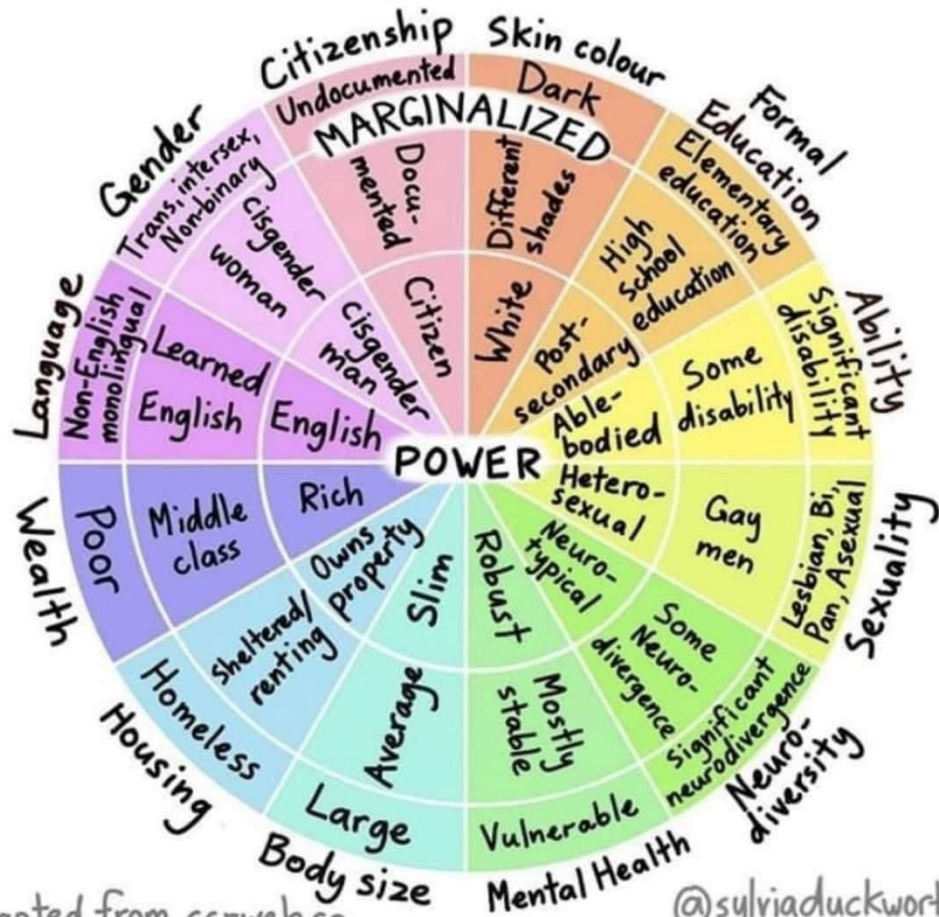
1

In point form, what have been some lasting impacts of colonialism locally and globally?

2

In what ways does colonialism/white supremacy show up in wellness spaces? What can we do to change this?

WHEEL OF POWER/PRIVILEGE

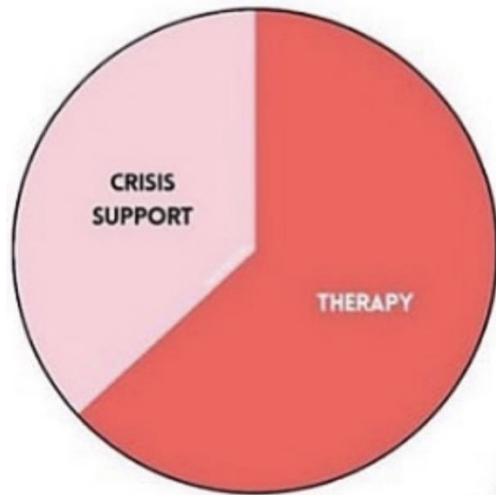


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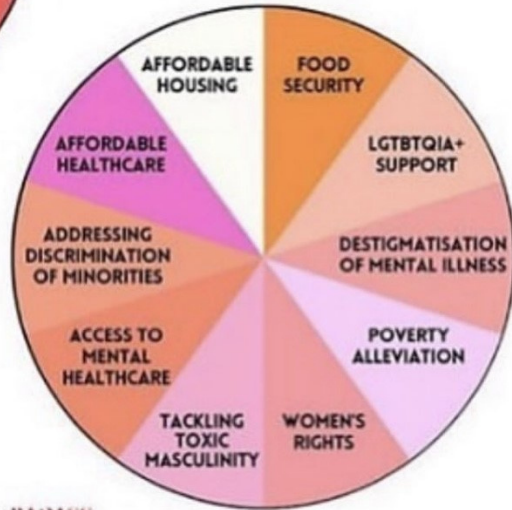
A) Looking at the wheel of power/privilege, how do I benefit from colonial power structures, white supremacy and how does this impact my overall health?

B) How can I use my privilege/power to uplift others?

WHAT PEOPLE THINK MENTAL HEALTHCARE IS:



WHAT MENTAL HEALTHCARE ACTUALLY IS:



ROZAMANS

Ask yourself...

4

A) Whose standards am I using to measure my health?

B) How would our collective health change, if we all had access to quality food, clean water and a safe space to move our bodies?

5

How will I work towards decolonizing wellness for myself? My community? How do we build systems that cultivate health for all?

6

Any other ah-ha moments or take away's that came up for me.