



Dr. Teresa Lau: New Rules of Self-Care in a Time of Social Distancing and Building Community Power



Dr. Teresa Lau is a licensed chiropractor specializing in energy alignment, somatics and awakening. This session explores the paradoxical term “self-care” and “social-distancing” when much of our well-being and wholeness applies collectively towards those around us as well as the new rules of Self-Care.

TOP EMBODIMENT TIP: Give and receive hugs

What is “self-care?: **Re-defining a political term in a “social-distancing” community**

- The term “self-care” is sourced from Audrey Lorde’s quote:
“*Radical self-care, an act of liberation and resistance*” during her fight with cancer in the 1980s
- The term “self-care” evolved and became synonymous with an individual being able to rest for mostly consumerism centered purposes whether to make oneself feel better or feel less
- In 2020, individuals are left to interact within a small bubble of people while others are considered essential workers, who risk being exposed to the pandemic, in order to care for others,
- Essential workers cannot leisurely take “self-care” due to policy and international relations from capitalism, body supremacy and patriarchy
- American healthcare and health services are profit driven endeavours with profit vs loss bottom line strategy

The NEW Rules of Self-care: **A Re-assigned moving forward word for the collective**

- Cultivate a practice on the inside (i.e., notice feelings of the body again)
- Engage in free energy (i.e., rest and digest)
- Experience more connection and be more present in a situation
- Develop skills for self-care
(i.e., a vibrant body wellness lab where one tunes into the nervous system and engages in somatic healing)

Moving Forward:

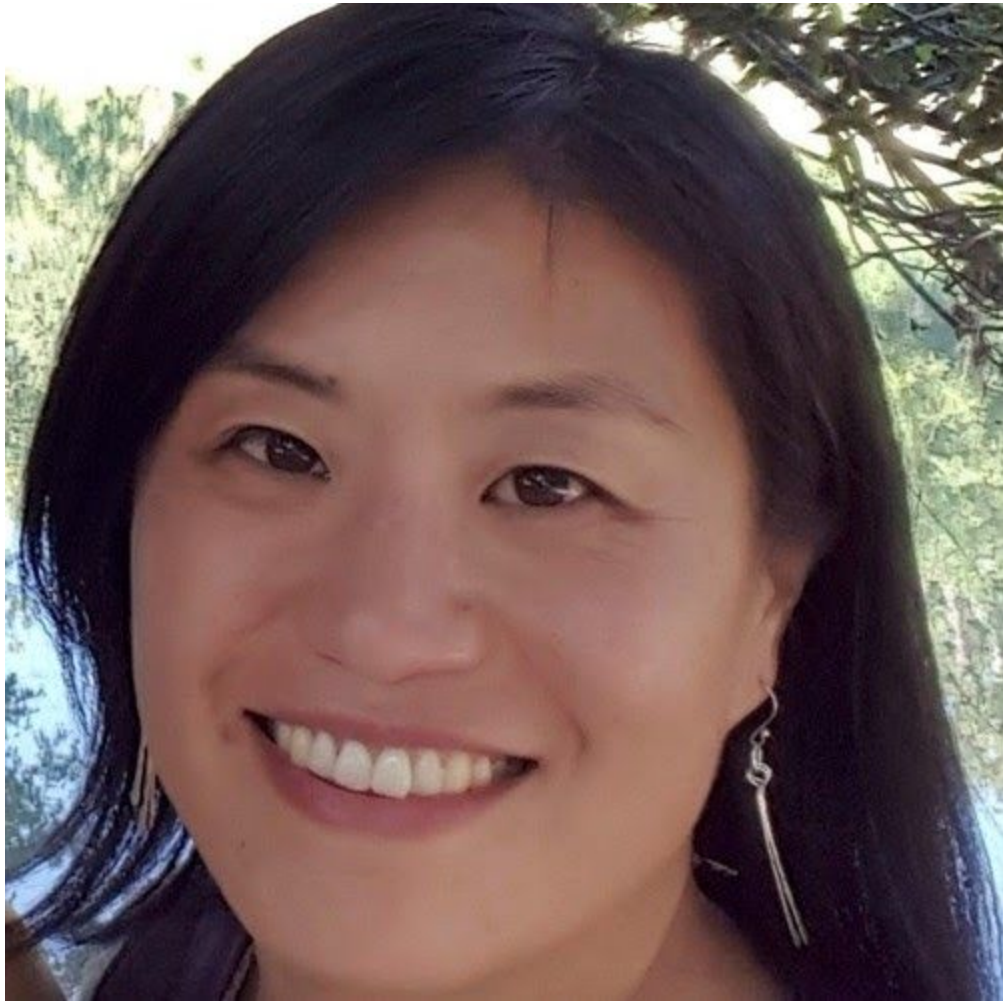
- 1) Bring “The NEW self-care” to work or places often frequent
- 2) Turn towards what is uncomfortable and find free energy
- 3) Care for neighbours because these create spontaneous moment that spark the natural vibration

Resources

- ❖ **Website:** [Dr. Teresa Lau](#)
- ❖ **Social Media:** [@Vibrant Body Wellness](#)



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