Wellbeing = Personal Wellness (“your”) + Collective Wellness (“our”)

1. **Collective Wellness & Individualistic Wellness:** What does it mean? When one person in a community is not thriving it impacts all in the community. When a community (or society) has inequitable wellness and health systems and practices individuals are not able to thrive. Equitable collective and individual wellness are not binary. Choosing personal lifestyle habits that support health and wellbeing positively impacts the individual and the community.
   a. **Do This:** Read [American Detox: The Myth of Wellness and How We Can Truly Heal](https://example.com) by Kerry Kelly

2. **Intersectionality of Identity:** There are many dimensions of identity. Intersectionality of social identity may impact health care and body image. Two specific components of identity to consider are: Ableism (this is an example of ableism with intersectionality considerations) and learn more from [this explanation](https://example.com); and pronouns matter (as well as usage).
   a. **Do This:** Draw a circle and then divide it into eight (or more) “wedges” or sections. In each of the sections write an identity marker. Note: the center is you. How do you relate with what your circle shows?

3. **Mental Health:** Generations-long stigmas associated with mental health still negatively impact our society. As the intersectionality of identity impacts body image and healthcare, all three can have an impact on mental health. Youth mental health is an important component in education settings. Mental health is multifaceted and interconnected with all dimensions of wellness.

Scan for the live links on web page button:
4. **BMI is Inaccurate** and ineffective: A Body Mass Index rating is not an accurate indicator of health. Most dangerously, it was created based on young, white males and the harmful concept of an “ideal body”. **Body Neutrality**, **Diet Culture**, **Body Dusmorphism**, and **Fat Stigma**: Any promotion of an “ideal body image” is based in oppression - of all identities - and supports capitalism. Businesses are profiting off of people's insecurities. What does “Health At Every Size” mean?

   a. **Skip the Scale**. You do not have to be weighed at doctor visits (unless there are specific health reasons for weight to be tracked that you discuss with your doctor). The decision is yours.

   b. **Examples of Local** businesses that promote equitable wellness - NOT weight loss or body ideals: 57Fit, Bridges Through Yoga, Healthy Roots Institute (not a complete list). Check out the Be Real **Body Kind** curriculum.

   c. **Do This**: Read *Weightless* by Evette Dione and watch the video introduction. In addition, search for “yoga”, “weight lifting”, “runners”, “fitness”, “wellness” or “healthy” on social media. What are the images? What do the bodies look like? How does it make you feel?

5. **Health Care Terms**: What does it all mean: **Functional**, **Integrative**, **Alternative**, **Holistic**, **Naturopathic**, **Acupuncture**, **Chiropractic**, **Ayurvedic**, nature-based medicine (and **Children’s Outdoor Bill of Rights**), and **midwifery**? There are other modalities of, and many disparities to access, health and wellness care, including **maternal care**.

   a. **Health Policy**: What it means and what health literacy means. **Health policy has not fixed** all of the gaps in health care disparities. Additionally, racial **concordance**—when a patient and provider share the same racial identity—positively impacts treatment beyond what health policy does.

   b. Local organizations making a difference in health access, treatment and outcomes: **BCCS Health Resource Center**; **Roots** Community Birth Center and work towards more equitable birth outcomes; **NorthPoint**; **Northside Center for Emotional Wellness**; and the U of M **Center For Antiracism Research for Health Equity**.