

RESILIENCY

Resiliency In The Moment: Embracing Diverse Relationships

“My humanity is bound up in yours,
for we can only be human together.”

- Desmond Tutu

Engage in a conversation with someone different than you and ask about their experience around equality. Consider what can be done to increase equity.

We unfortunately live in a world where equality is not a reality – we see this in health disparities, mortality rates, quality of life outcomes, and more. When you find yourself making assumptions or judgements, pull back your awareness and remember that all of us want the same things, even if the ease of achieving these are not equal for everyone.

Open your heart and mind to accept that we are all bound together by our humanity. If you feel awkward about the conversation, remember that we all yearn for the same basic things that make us human – safety, respect, health, comfort, joy, peace, and contentment.

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