



DISCUSSION GUIDE

Stronger Together: Building Community Care for Resilience and Racial Equity

It's time for us to make the world a fairer, more equitable place, and have the conversations that drive meaningful change. And that takes the work of every individual. We can do this by both strengthening our individual resilience and showing up for others—opening the door to more meaningful relationships, shared healing, and growth.

Discussion Questions

- How can you show up for and support others in your community?
 - Check out this Cup of Calm post for tips on how to listen authentically and create an open dialogue: <https://mymeq.com/my-meq/dashboard/#/must-reads/cup-of-calm/post-18429>
- What are some small ways that you can start to broaden your perspective and question your assumptions (i.e. subscribing to different news outlets, asking others for their point of view, etc.)

My Notes:

Use this space to take notes during the Calm-Cast or to record your answers to the questions above.

My Action Plan:

Write down a few steps you'll take to make a change or practice what you've learned.