

#BestOfEquityChat

Sustaining Yourself for the Long Road pt.2

August 21, 2024

[Equity Avengers @equityavengers](#)

Happy Wednesday! We're back with another episode of [#BestOfEquityChat](#). We know the road to [#racialequity](#) is long. Join us as we reflect on self-care practices and sources of motivation from our S4 guests. [@DrPamLuster](#) [@DrTammeil](#) [@lamkeithcurry](#) [@CollegeFutures](#)

[Equity Avengers @equityavengers](#)

See additional responses from S4 during our January [#BestOfEquityChat](#) episode on this same topic (2/2) https://equityavengers.com/wp-content/uploads/2024/08/EACHAT_0124.pdf

[Equity Avengers @equityavengers](#)

First up, we look to [@DrDarrylVHill](#), Partner [@HCMStrat](#), who reminded us of the importance of taking of both our physical and mental health. [#BestOfEquityChat](#) [@DrPamLuster](#) [@DrTammeil](#) [@lamkeithcurry](#) [@CollegeFutures](#) (1/2) <https://x.com/DrDarrylVHill/status/1760483659839111329>

[Equity Avengers @equityavengers](#)

Checkout [@DrDarrylVHill](#)'s full [#EquityChat](#) episode here (1/2): https://equityavengers.com/wp-content/uploads/2024/02/EACHAT_0221.pdf

[Equity Avengers @equityavengers](#)

Next, we turn to Dr. [@KelleyDitzel](#), Senior Affiliate [@HCMStrat](#), who shared how she finds motivation and support through loved ones. [#BestOfEquityChat](#) [@DrPamLuster](#) [@DrTammeil](#) [@lamkeithcurry](#) [@CollegeFutures](#) (1/2) <https://x.com/KelleyDitzel/status/1760483619045347383>

[Equity Avengers @equityavengers](#)

Dr. [@KelleyDitzel](#)'s full [#EquityChat](#) episode can also be found here (2/2): https://equityavengers.com/wp-content/uploads/2024/02/EACHAT_0221.pdf

[Equity Avengers @equityavengers](#)

When the going gets tough, Abigail Seldin, Chief Growth Officer [@ScholAmerica](#), turns to the reason why she goes to work every day for motivation. [#BestOfEquityChat](#) [@DrPamLuster](#) [@DrTammeil](#) [@lamkeithcurry](#) [@CollegeFutures](#) (1/2) <https://x.com/ScholAmerica/status/1763020094429384737>

[Equity Avengers @equityavengers](#)

Find Abigail's (@ScholAmerica) full #EquityChat episode here (2/2): https://equityavengers.com/wp-content/uploads/2024/02/EACHAT_0228.pdf

[Equity Avengers @equityavengers](#)

"I think for me it's so important to remember that we don't have all the answers." Dr. Lisa Petrides @lpetrides shared words we all need to remember sometimes. #BestOfEquityChat @DrPamLuster @DrTammeil @lamkeithcurry @CollegeFutures (1/3) <https://x.com/lpetrides/status/1770614717142430018>

[Equity Avengers @equityavengers](#)

Dr. Petrides @lpetrides also gave us a list of 9 daily practices that help keep her grounded at home and at work. #BestOfEquityChat (2/3) <https://x.com/lpetrides/status/1770615160287486192>

[Equity Avengers @equityavengers](#)

Learn more from @lpetrides' full #EquityChat (3/3): https://equityavengers.com/wp-content/uploads/2024/03/EACHAT_0320.pdf

[Equity Avengers @equityavengers](#)

A little morning routine helps Dr. Jamal Cooks @chabot_prez start his day on the right note. #BestOfEquityChat @DrPamLuster @DrTammeil @lamkeithcurry @CollegeFutures (1/2) <https://x.com/SeherAwan13/status/1783299769076760603>
https://x.com/chabot_prez/status/1783299253546442939...

[Equity Avengers @equityavengers](#)

Read Dr. Cooks' (@chabot_prez) full #EquityChat episode (2/2): https://equityavengers.com/wp-content/uploads/2024/05/EACHAT_0424.pdf

[Equity Avengers @equityavengers](#)

As we engage in equity work, it's important to honor our own cultural traditions. Dr. Iris Aguilar @FoundationCCC shared how Danza Mexica keeps her centered and ready. #BestOfEquityChat @DrPamLuster @DrTammeil @lamkeithcurry @CollegeFutures (1/2) <https://x.com/FoundationCCC/status/1788372291795169329>

[Equity Avengers @equityavengers](#)

Learn more from Dr. Aguilar's (@FoundationCCC) full #EquityChat here (2/2): https://equityavengers.com/wp-content/uploads/2024/05/EACHAT_0508.pdf

[Equity Avengers @equityavengers](#)

What do Legos have to do with advancing [#racialequity](#)? Learn how Dr. Ivan Harrell @TCCCpres (& our own @DrTammeil) incorporates them into their self-care practice. [#BestOfEquityChat @DrPamLuster @lamkeithcurry @CollegeFutures](#) (1/2) <https://x.com/lamkeithcurry/status/1798518417328095680>

[Equity Avengers @equityavengers](#)

More from Dr. Harrell's (@TCCCpres) full episode of [#EquityChat](#) here (2/2): https://equityavengers.com/wp-content/uploads/2024/07/EACHAT_0605.pdf

[Equity Avengers @equityavengers](#)

That wraps up S4E7. Tune in next week for our final [#BestOfEquityChat](#) episode of the season where we'll highlight freedom dreams and sources of hope. Until next time, [@DrPamLuster @DrTammeil @lamkeithcurry @equityavengers](#) OUT!