

#BestOfEquityChat

Sustaining Ourselves for the Long Road

January 24, 2024

[Equity Avengers @equityavengers · Jan 24](#)

Welcome to a special edition of #BestOfEquityChat. The past few months have been esp. challenging for equity leaders. Today, we pause to reflect on ways our S4 guests sustain themselves to continue doing this difficult work. @DrPamLuster @DrTammeil @lamkeithcurry @CollegeFutures

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First up, she wrote the book on #studentmentalhealth - @AmandaOLatz gave us some hard but necessary advice when considering our own mental health (1/2)

<https://x.com/lamkeithcurry/status/1704659960200667429?s=20>

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Read her full episode here [https://bit.ly/EACHAT\\_092023](https://bit.ly/EACHAT_092023) (2/2) #BestOfEquityChat @DrPamLuster @DrTammeil @lamkeithcurry @CollegeFutures

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HSI researchers and doctoral dissertation team @DrInezOlive @KyleJeanWinslow @OsureLBrown shared the importance of having a core crew and taking time to 'turn off the academic brain' to stay motivated (1/2)

<https://x.com/lamkeithcurry/status/1712270105269432817?s=20>

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Check out their full episode here [https://bit.ly/EACHAT\\_101123](https://bit.ly/EACHAT_101123) (2/2) #BestOfEquityChat @DrPamLuster @DrTammeil @lamkeithcurry @CollegeFutures

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Next up, @alexa\_wesley1 @naspajill discussed their timely research on advancing racial equity on campus and how connection, community, and learning sustains and energizes them to do this work (1/2)

<https://x.com/lamkeithcurry/status/1717343535458820332?s=20>



**EQUITY**  
AVENGERS

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You can find their full episode here [https://bit.ly/EACHAT\\_102523](https://bit.ly/EACHAT_102523) (2/2) #BestOfEquityChat @DrPamLuster @DrTammeil @lamkeithcurry @CollegeFutures

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We have shared values and self-care practices to thank for adding this next S4 guest to our core crew. Proud to be fighting the anti-DEIA fight with you @MichaelHGavin and @Ed4AllAboutAll (1/2)  
<https://x.com/MichaelHGavin/status/1719880651418321047?s=20>

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Read his full episode here [https://bit.ly/EACHAT\\_110123](https://bit.ly/EACHAT_110123) (2/2) #BestOfEquityChat @DrPamLuster @DrTammeil @lamkeithcurry @CollegeFutures

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Another great partner, @AdrianTrinidad @USCRaceEquity shared the importance of family in keeping him grounded, incl. some words of wisdom from his mom (1/2)  
<https://x.com/lamkeithcurry/status/1722432065050689646?s=20>

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You can read his full episode here [https://bit.ly/EACHAT\\_110823](https://bit.ly/EACHAT_110823) (2/2) #BestOfEquityChat @DrPamLuster @DrTammeil @lamkeithcurry

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Many of us find ourselves in this work bc we care so deeply. Guillermo Mayer(@memomayer), President/CEO @publicadvocate, let us know how he combats empathy fatigue (1/2)  
<https://x.com/memomayer/status/1725023408361185440?s=20>

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Read more from his full episode here [https://bit.ly/EACHAT\\_111523](https://bit.ly/EACHAT_111523) (2/2) #BestOfEquityChat @DrPamLuster @DrTammeil @lamkeithcurry

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Dr. Cesar Cruz (@teolol) Co-Founder @HomiesEmpower offered some of his tools for dealing w/thoughts, emotions, and for self-regulation - which many of us can benefit from right now (1/2)  
<https://x.com/teolol/status/1732579613698855370?s=20>

Find his full episode here [https://bit.ly/EACHAT\\_120623](https://bit.ly/EACHAT_120623) (2/2) #BestOfEquityChat @DrPamLuster @Dr.Tammeil @lamkeithcurry @CollegeFutures

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Closing tonight's #BestOfEquityChat w/our most recent S4 guest, @swthayer President @CypressCollege, who shared how he stays present and connected to do this critical work (1/2)

<https://x.com/lamkeithcurry/status/1747799215672336666?s=20>

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Check out his full episode, now available here [https://bit.ly/EACHAT\\_011724](https://bit.ly/EACHAT_011724) (2/2) #BestOfEquityChat @DrPamLuster @DrTammeil @lamkeithcurry @CollegeFutures

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TY for joining us for this timely #BestOfEquityChat We know the road to racial equity is long, and we must make time to support ourselves and each other to continue this work. (1/2)

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Let us know how you're sustaining yourself these days and join us for next week's #EquityChat with Dr. @LoriPattonDavis - Scholar, Researcher, Consultant, & Professor @OhioState. Until next time, @DrPamLuster @DrTammeil @lamkeithcurry @equityavengers OUT!