

CULTURE AS A SOURCE OF STRENGTH

RECLAIM WHAT HELPS YOU FEEL ROOTED, CONNECTED, AND WHOLE

Culture is more than a stressor or demographic label. It can carry identity, meaning, skills, relationships, memory, and resilience.

WHAT FEELS LIKE HOME?

- Language, food, music, clothing, stories, humor, art, celebrations, land, elders, family traditions, or community rituals may create belonging.
- Circle what feels nourishing rather than what you feel obligated to preserve.

PEOPLE WHO CARRY WISDOM

- Who helps you understand your history or identity?
- Consider elders, relatives, mentors, community leaders, artists, teachers, peers, or chosen family.
- Wisdom can come from more than one generation or community.

SPIRITUALITY OR MEANING

- Faith, spirituality, ancestors, nature, service, meditation, ritual, philosophy, or secular values may provide meaning.
- Keep what strengthens dignity and safety; question practices used to shame or control.

RECLAIM WHAT WAS SHAMED

- What part of your accent, name, hair, skin, food, clothing, traditions, or family history were you taught to hide?
- What would it mean to view that part with curiosity, pride, neutrality, or compassion?

CULTURE CAN EVOLVE

- You can honor tradition and still change what no longer fits.
- You may belong to several cultures at once.
- Blended, diasporic, multiracial, adopted, immigrant, and chosen identities are not less authentic.

BUILD A STRENGTH PRACTICE

- Choose one cultural connection this week: cook, call someone, learn history, use your language, attend community, create art, pray, visit a meaningful place, or rest with familiar music.
- Notice how it affects belonging and energy.

Culture can be a living source of connection and strength - not a test you have to pass.