

Balance my exposure to TV, radio, internet and social media

When terrible acts of oppression occur – police shootings, deportations, rape and sexual harassment, etc. – media coverage can be overwhelming. For many of us, it's important to balance our exposure to media.

Oppression 01

News I find upsetting:

I limit my exposure to media by:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Balance my exposure to TV, radio, internet and social media

When terrible acts of oppression occur – police shootings, deportations, rape and sexual harassment, etc. – media coverage can be overwhelming. For many of us, it's important to balance our exposure to media.

Oppression 01

News I find upsetting:

I limit my exposure to media by:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Replace oppressive messages with positive affirmations

Hurtful stereotypes and oppressive messages can leave us feeling like we are “less than” or worthless. We can substitute positive messages to offset oppressive ones.

Oppression 02

Oppressive messages I receive:

My positive affirmation:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Replace oppressive messages with positive affirmations

Hurtful stereotypes and oppressive messages can leave us feeling like we are “less than” or worthless. We can substitute positive messages to offset oppressive ones.

Oppression 02

Oppressive messages I receive:

My positive affirmation:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Stay safe

Oppression can leave us feeling unsafe in our community and even in our own homes. Planning to stay safe can help.

Oppression 03

I feel unsafe when:

When I feel unsafe, I:

- ☐ Call #:
- ☐ Talk with someone I trust
- ☐ Tell someone why I feel unsafe
- ☐ Take safety precautions
- ☐ Stay with friends or family
- ☐ Learn about my legal rights
- ☐ Go to my safe place
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Stay safe

Oppression can leave us feeling unsafe in our community and even in our own homes. Planning to stay safe can help.

Oppression 03

I feel unsafe when:

When I feel unsafe, I:

- ☐ Call #:
- ☐ Talk with someone I trust
- ☐ Tell someone why I feel unsafe
- ☐ Take safety precautions
- ☐ Stay with friends or family
- ☐ Learn about my legal rights
- ☐ Go to my safe place
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Practice self-care

Poet and activist Audre Lorde said, *"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."* In the struggle against oppression it's important to take time out, disengage from the struggle and care for ourselves.

Oppression 04

I know it's time to practice self-care when:

My self-care routine:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Practice self-care

Poet and activist Audre Lorde said, *"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."* In the struggle against oppression it's important to take time out, disengage from the struggle and care for ourselves.

Oppression 04

I know it's time to practice self-care when:

My self-care routine:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Name the oppression I experience

There are many types of interpersonal and systemic oppression that affect our mental and physical health. Examples of oppression include racism, homophobia and sexism. Naming the oppression we experience and how it affects us can help.

Oppression 05

The oppression I experience:

How it affects me:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Name the oppression I experience

There are many types of interpersonal and systemic oppression that affect our mental and physical health. Examples of oppression include racism, homophobia and sexism. Naming the oppression we experience and how it affects us can help.

Oppression 05

The oppression I experience:

How it affects me:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Find my peeps

We are not alone. Joining a community of others who are fighting oppression empowers us and takes us out of the victim role. There is power in numbers.

Oppression 06

Organizations or groups I can join *(name and contact info)*

- 1.
- 2.
- 3.

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Find my peeps

We are not alone. Joining a community of others who are fighting oppression empowers us and takes us out of the victim role. There is power in numbers.

Oppression 06

Organizations or groups I can join *(name and contact info)*

- 1.
- 2.
- 3.

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Explore an artistic representation of my experience

Art – movies, poetry, dance, music, literature, paintings, etc. – is like a mirror. When we view art, we can learn more about ourselves and how oppression affects our community.

Oppression 07

The cultural art I explore: *(example: “Old spirituals.”)*

How this represents my experience: *(example: “Reminds me of the power of enduring hope.”)*

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Explore an artistic representation of my experience

Art – movies, poetry, dance, music, literature, paintings, etc. – is like a mirror. When we view art, we can learn more about ourselves and how oppression affects our community.

Oppression 07

The cultural art I explore: *(example: “Old spirituals.”)*

How this represents my experience: *(example: “Reminds me of the power of enduring hope.”)*

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Let others know oppression is affecting me

Micro-aggression is a subtle type of oppression. We may doubt ourselves or think we are being too sensitive. At these times it can help to have others validate our experience. Oppression is not all in our head.

Oppression 08

My experience:

Who do I ask to validate my experience?

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Let others know oppression is affecting me

Micro-aggression is a subtle type of oppression. We may doubt ourselves or think we are being too sensitive. At these times it can help to have others validate our experience. Oppression is not all in our head.

Oppression 08

My experience:

Who do I ask to validate my experience?

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Remind myself I am having a sane reaction to an insane situation

It's normal to feel anxious, paranoid, depressed, scared, worried, angry and to have trouble sleeping and concentrating when oppression touches our lives. Often oppression is the problem, not mental illness.

Oppression 09

How oppression affects me:

What's normal about my reaction to oppression?

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Remind myself I am having a sane reaction to an insane situation

It's normal to feel anxious, paranoid, depressed, scared, worried, angry and to have trouble sleeping and concentrating when oppression touches our lives. Often oppression is the problem, not mental illness.

Oppression 09

How oppression affects me:

What's normal about my reaction to oppression?

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC



Personal Medicine: Oppression

Is my Personal Medicine powerful?

- Is it a specific activity, not a feeling/state-of-being? ☐ Yes ☐ No
- Is it something I do now, not a future goal? ☐ Yes ☐ No
- Is it something I do, not something I take? ☐ Yes ☐ No
- Does it say how it helps me? ☐ Yes ☐ No

Oppression Blank

Personal Medicine: Oppression



My plan:

Does this Personal Medicine work for me?

- ☐ Yes – it helps me *(describe)*:
- ☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC



Personal Medicine: Oppression

Is my Personal Medicine powerful?

- Is it a specific activity, not a feeling/state-of-being? ☐ Yes ☐ No
- Is it something I do now, not a future goal? ☐ Yes ☐ No
- Is it something I do, not something I take? ☐ Yes ☐ No
- Does it say how it helps me? ☐ Yes ☐ No

Oppression Blank

Personal Medicine: Oppression



My plan:

Does this Personal Medicine work for me?

- ☐ Yes – it helps me *(describe)*:
- ☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC