

**"I must care for myself  
before I care for others"**

**A Colonial Myth**





**There is no separation between  
community and self.**

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**By definition you are part  
of your community  
and your family.**

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**Helping others helps yourself.**



**In Traditional, Indigenous  
and Collectivist cultures  
worldwide – we heal by  
caring for others.**





**Having something to  
do for others helps  
us out of our heads  
and in doing so aids  
pain from depression  
& anxiety.**



**When we show up for  
our community, our  
community has  
opportunity to show  
up for us.**

— KYLE AND KYLE —

**It's a lot harder for  
folks to help support  
you if they don't  
know you.**



**Pain and anger are often signs we need to take action. They tell us when we are not treated well or when we have needs that are not being met. By taking action and helping others we honor the message our body is sending us.**



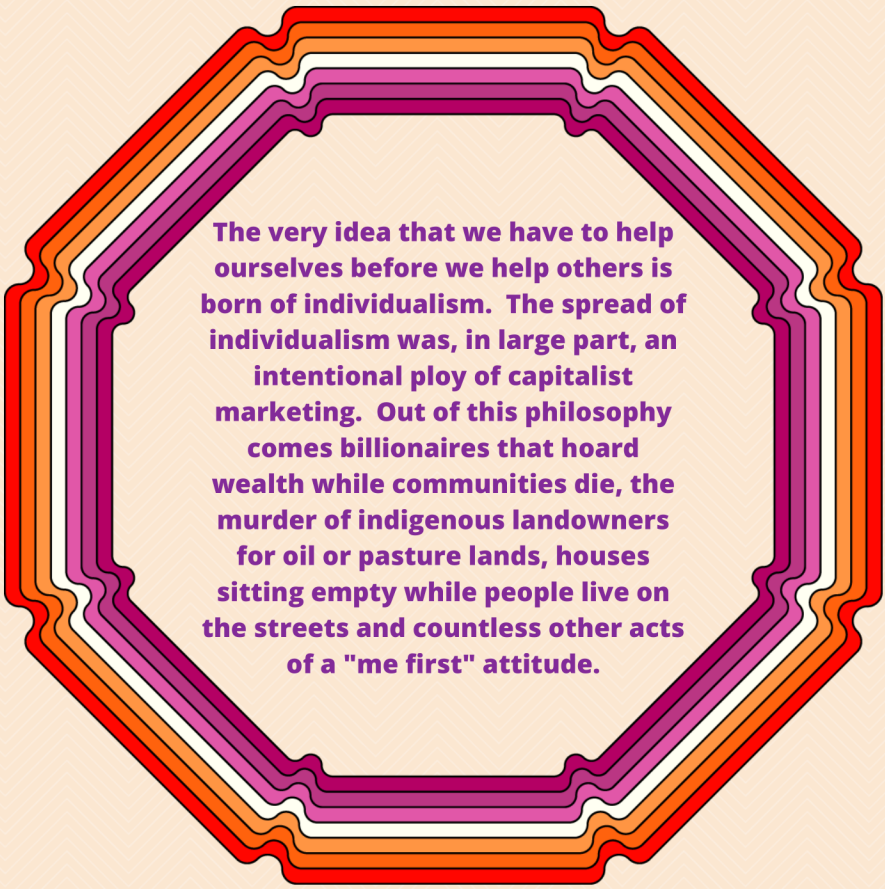


**Being broken or hurt  
does not diminish our  
capacity as humans. We  
do not have to be well or  
perfect to be useful. In  
fact our experiences of  
lacking teach us what  
others need.**



**None of our beloved leaders  
were healed or perfect.  
They were acting in interest  
of all. Healing is a never-  
ending journey. If we wait  
until we are healed to take  
action we will end up  
helping nobody, often this  
includes our own family.**





**The very idea that we have to help ourselves before we help others is born of individualism. The spread of individualism was, in large part, an intentional ploy of capitalist marketing. Out of this philosophy comes billionaires that hoard wealth while communities die, the murder of indigenous landowners for oil or pasture lands, houses sitting empty while people live on the streets and countless other acts of a "me first" attitude.**



A cartoon illustration of a person with dark hair, wearing a green jacket over a white and black striped shirt, black pants, and white shoes. They are lying down, resting their head on their hand, with their legs bent. They are positioned at the bottom left of a large, circular rainbow frame. A thought bubble originates from their head, leading to a larger cloud-shaped bubble containing text. The background is a solid teal color, and the entire image is framed by a thick pink border.

**Another Colonial Myth:  
"I must love myself before  
others love me."**



THE INDIGENOUS ANARCHIST