

# Community Care

## **What is Community Care?**

Any action taken by one person to benefit another can be considered community care. This can include small gestures, such as calling to check up on a friend, or large-scale, coordinated efforts such as volunteer work or activism work. As a whole, community care is about individuals utilizing their resources and privileges to assist and elevate one another.

In addition to benefitting others, practicing community care carries personal benefits. Helping others can help reduce our own stress and promote feelings of happiness. Taking action to assist a member of your community also sets a precedent for reciprocation at a later date. As individuals, there will always be times where self-care is not feasible, whether because of a lack of resources, time, or even just the energy to do so. In those times, we rely on the aid of our community to keep us going. There's no shame in benefitting from community care—in fact, the giving-and-receiving cycle of a supportive community is a healthy and natural part of life, defying the pervasive worry of “burdening others.” By taking part in community care, we help destigmatize asking for help and encourage those in need to rely on others, creating a more inclusive and compassionate community that benefits everyone involved.

## **How can I participate in Community Care?**

If you're looking to take part in community care, your personal group of friends is a great place to start. If someone seems distant or not like themselves, take the initiative to reach out and ask how they are doing and if there's anything you can do to help. It's okay to start small or simple—as long as you act with the intent to benefit another, you are participating in community care. Beyond your interpersonal relationships, there are a variety of groups to join and engage with on and around the Hendrix campus. Here are some ideas to aid you in seeking out opportunities for community care, many of which are Hendrix-based or endorsed.

- Small Scale
  - Check on a friend or peer that you're worried about.
  - Donate money, clothes, or other resources to charity.
  - Offer to help someone with a small task (e.g. carrying books or opening a door).
- Medium Scale
  - Engage in volunteer work through on-campus communities such as VAC or with Conway-based organizations such as Bethlehem House.
  - Join one of Hendrix's student organizations focused on diversity and advocacy, such as COGS or SBC, and assist in the events they put on throughout the year.
- Large Scale
  - Seek out an internship or job at a charity organization that addresses something you are passionate about.
  - Contact the Chaplain's office for information on mission trips and volunteer programs outside of Conway.
  - Participate in social justice efforts locally and/or nationally.

To learn more about community care, consider reading [this piece from Mashable](#).