



This template offers a structured approach to introducing themes, guiding discussions, and reinforcing key concepts during a speaker series viewing of **“Creating a toolkit for resiliency”** by Ericka Huggins.

Ericka Huggins Bio

Ericka Huggins is a human rights activist, poet, educator, and former Black Panther leader. For over 30 years, she has lectured across the U.S. and internationally, sharing her unique insights on women’s and children’s well-being, whole-being education, over-incarceration, and the role of spiritual practice in sustaining activism.

As the longest-serving woman in Black Panther Party leadership, Ericka provides a profound perspective on the Party’s challenges and successes. Her activism began in 1963 at the March on Washington, and by 1968, she was a leader in the LA chapter of the Black Panther Party. After the assassination of her husband John Huggins in 1969, she opened the New Haven chapter. Targeted and imprisoned with Bobby Seale, Ericka endured solitary confinement, during which she turned to meditation for survival. After her release in 1971, she became a writer and editor for the “Black Panther Intercommunal News Service” and co-authored “Insights and Poems” with Huey P. Newton.



From 1973-1981, she directed the Oakland Community School, creating a visionary curriculum that influenced the charter school movement. She also became the first Black person and woman appointed to the Alameda County Board of Education in 1976. Throughout her life, Ericka has continued teaching yoga, meditation, and mindfulness to incarcerated youth and adults, and supporting marginalized communities, including HIV/AIDS patients and LGBTQ+ youth.

Ericka remains a sought-after speaker and educator, often engaging audiences in discussions following screenings of “Black Panthers: Vanguard of the Revolution” and much more.



Key Terms & Concepts + Notables Quotes

Terms & Concepts

Black Panther Party:

The Black Panther Party was a political party founded in the 1960s that aimed to provide support and resources for African Americans. It focused on issues like education, health care, and food security, offering programs such as free breakfast for children and health clinics. The party sought to empower Black communities and promote self-sufficiency while advocating for social justice and equality.

Boundaries:

In the workplace, these are personal limits set to protect time, energy, and well-being, defining acceptable work hours, communication, and interactions. They help prevent burnout and promote a healthy, respectful work environment.

Changemaker:

An individual who actively works to create positive transformation in society, particularly by addressing systemic injustices and fostering community empowerment. A changemaker is someone who not only envisions a more just and equitable world but also takes concrete steps to make that vision a reality. This involves advocating for marginalized groups, engaging in collective action, and prioritizing healing and care within communities. For Huggins, being a changemaker is rooted in compassion, resilience, and a commitment to both personal and social transformation.

Coinciding identities:

Refer to the different aspects of a person's social and cultural identity—such as location, race, gender, sexual orientation, class, religion, and ability—that coexist and intersect within the individual. These identities overlap and influence one another, contributing to the complexity of a person's experiences and how they navigate the world. The interaction of these identities can shape how someone experiences privilege, marginalization, or both in various social contexts.

Coping vs. Taking Care of Self:

Ericka Huggins distinguishes between coping and taking care of yourself by emphasizing that coping is about surviving difficult circumstances, often by enduring or managing stress. In contrast, taking care of yourself involves intentional practices of self-care that nurture your well-being, healing, and inner peace. Coping can be a reactive response to hardship, while self-care is proactive, focusing on sustaining long-term emotional, physical, and spiritual health. Huggins encourages shifting from mere survival to self-compassionate care that supports resilience and personal growth.

Historical Black College or University (HBCU):

A Historically Black College or University (HBCU) is an institution of higher education in the United States that was established primarily to serve the African American community before the Civil Rights Act of 1964, during a time when Black students were largely excluded from predominantly white institutions. HBCUs provide educational opportunities and cultural support, fostering leadership, community engagement, and academic excellence. While originally created to address racial segregation, HBCUs today serve students of all races, continuing their legacy of promoting equity, social justice, and empowerment for underrepresented groups.

Jim Crow:

Jim Crow refers to the system of laws, policies, and social practices that enforced racial segregation and discrimination against African Americans in the Southern United States from the late 19th century until

the mid-20th century. These laws institutionalized inequality by segregating public facilities, schools, transportation, and housing, while also restricting voting rights and economic opportunities for Black people. Named after a derogatory minstrel character, the Jim Crow system was designed to maintain white supremacy and continued until the Civil Rights Movement led to its dismantling through legislation like the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

Mindfulness:

Mindfulness is the practice of being fully present and aware in the moment, paying attention to thoughts, feelings, and surroundings without judgment. It involves consciously focusing on the present experience, rather than dwelling on the past or worrying about the future. Mindfulness is often cultivated through meditation or breathing exercises, but can be applied to everyday activities. It promotes mental clarity, reduces stress, and enhances emotional well-being by fostering greater awareness and acceptance of one's inner and outer experiences.

Resiliency Toolkit:

A set of practices and strategies that help individuals cultivate inner strength, healing, and self-care in the face of adversity. Ms. Huggins approach emphasizes mindfulness, meditation, community care, and emotional well-being, particularly for those facing systemic oppression and trauma. The toolkit is meant to empower individuals to maintain their mental, physical, and emotional health while navigating challenging life circumstances. It is for personal use, no one needs to know what's in it. Huggins' framework draws from her experiences as an activist and her commitment to holistic wellness.

Social Change:

Social change is the transformation of societal structures, norms, and systems, often driven by collective action, to address inequalities and promote justice and equity. It involves challenging existing power dynamics and creating more inclusive and fair conditions for all.

Seeker:

This means that I always knew that there was something more than what I could see in the mirror and what was going on around me.

Notable Quotes

“I think it's important for us to have feelings, whatever they are and whenever they happen. And I think it's important for us to take care of ourselves as we do so. Not stuffing it with various means of stuffing and not acting like it didn't happen because there are other emotions that will arise if you do that.”

“We serve the people and in order to do that we have to love the people. We serve the people, body, and soul.”

“What tool or tools do I use or do I want to continue to use to meet this challenge in the moment?”

“My heart felt like bits of broken glass.”

Continued Learning Resources

Visit the link below to engage with resources from Ericka Huggins.

<https://www.erickahuggins.com/resources>

Conversation Outline

Facilitator: Welcome

Good [morning/afternoon/evening], everyone! Thank you for joining today's dialogue. It's my pleasure to guide us in a discussion about "**Creating a Toolkit for Resiliency**" by Ericka Huggins.

Facilitator: "To enhance your learning and engagement with today's topic, we've provided digital and printable activities and tools. These resources are designed to deepen your understanding, increase your comfort level, and help you apply the concepts discussed during the session. **The activities and tools are intended to be used while viewing the Speaker Series**, encouraging attentiveness and focus on the content. **Please feel free to choose the tools that best support your learning experience.**"

Activities + Tools

- **Activity/Tool 1: Bingo Card**

A bingo squares have key terms, phrases, quotes, and concepts listed in squares, folks can 'play' while they watch the Speakers Series to heighten engagement.

- **Activity/Tool 2: Feelings Card**

A card divided into three sections (beginning, middle, end) with feeling words listed in each. Participants circle or highlight the feelings they experience at each stage of the video to practice introspection and assess comfort levels throughout the engagement. This can be completed while viewing the Speakers Series.

- **Activity/Tool 3: Crossword Puzzle**

The crossword puzzle consists of key terms and concepts to increase learning and understanding of the topic. This can be worked on during the Speakers Series to heighten understanding of concepts and ideas.



Warm-Up Questions

Facilitator: Below are optional warm-up questions that facilitators can use to introduce key themes and help participants feel more comfortable with both the topic and the session structure. These questions serve as a useful tool to break the ice, encourage engagement, and set the stage for deeper discussions throughout the speaker series. **These are optional and can be used if time permits.**

"To start us off, let's dive into a few warm-up questions that will introduce the key themes of today's event. These questions are designed to get us thinking about "**Creating a Toolkit for Resiliency.**"

- **Question 1:** How do you practice self-care?
 - **Question 2:** Why do you think resiliency is important in human services?
 - **Question 3:** Do you consider yourself a changemaker?
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Discussion Questions



Facilitator: “Let’s move into some discussion questions to deepen our understanding and begin a conversation. These are intended to help us process the content and resources we’ve learned about in the today’s Speaker Series viewing.”

- **Question 1:** What are some of your coinciding identities, and in what ways do you believe they shape who you are and how you experience the world? How do these overlapping aspects of your identity influence your interactions with others, and why do you consider them significant? In the context of human services, how do you think your understanding of these intersecting identities could impact the way you approach working with diverse individuals and communities?
 - **Question 2:** What is your biggest challenge in setting intentional boundaries at work?
 - **Question 3:** What are your thoughts on the following quote. “Are you truly taking care of yourself, or just coping?”
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Closing + Concluding Thoughts

Concluding Thoughts

Facilitator: “Thank you all for your engagement in today’s dialogue. It’s been a pleasure to explore “*Creating a Toolkit for Resiliency*” together. As we conclude I invite any closing thoughts or comments”

(Allow 5-10 minutes of closing thoughts or remarks)

Closing

“I encourage you to stay curious, keep learning, and continue growing in your efforts to advance racial equity and build a **resiliency toolkit** together. Your dedication to this work is vital in creating more inclusive and equitable communities. Let’s keep the conversation going and carry these lessons forward in everything we do.”