



Resiliency & Self-Care Newsletter Fall/Winter 2019, Issue 1



Hello, and thank you for your interest in continuing our conversation on resiliency and self-care! We appreciate all our leaders give of themselves to the work of building a more just Virginia. Our hope in creating this support group is to help us to remember to give to ourselves too, to “put our oxygen mask on first.” We want to be able to sustain our ability to be here for each other and the long haul.

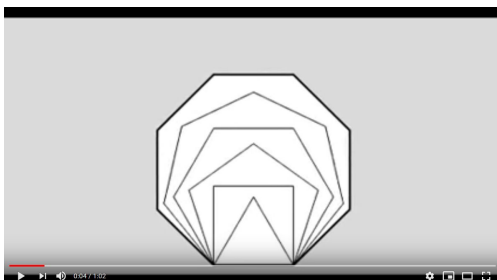
Autumn is a wonderful time to go within. We can reflect on what we have planted in our work throughout the year. It is also a season to take cues from nature. We can slow down, appreciate the harvest of our labors, give thanks, and restore our energy.

At our Grassroots Gathering Resiliency and Self-Care workshop, we took time to explore activities that care for each part of ourselves: our physical; our emotional; our spiritual; and our mental. Below are some additional resources to help strengthen your self-care practice.

- Taking a moment for a few deep breaths is one of the best things you can do to help center and ground yourself in the present moment.

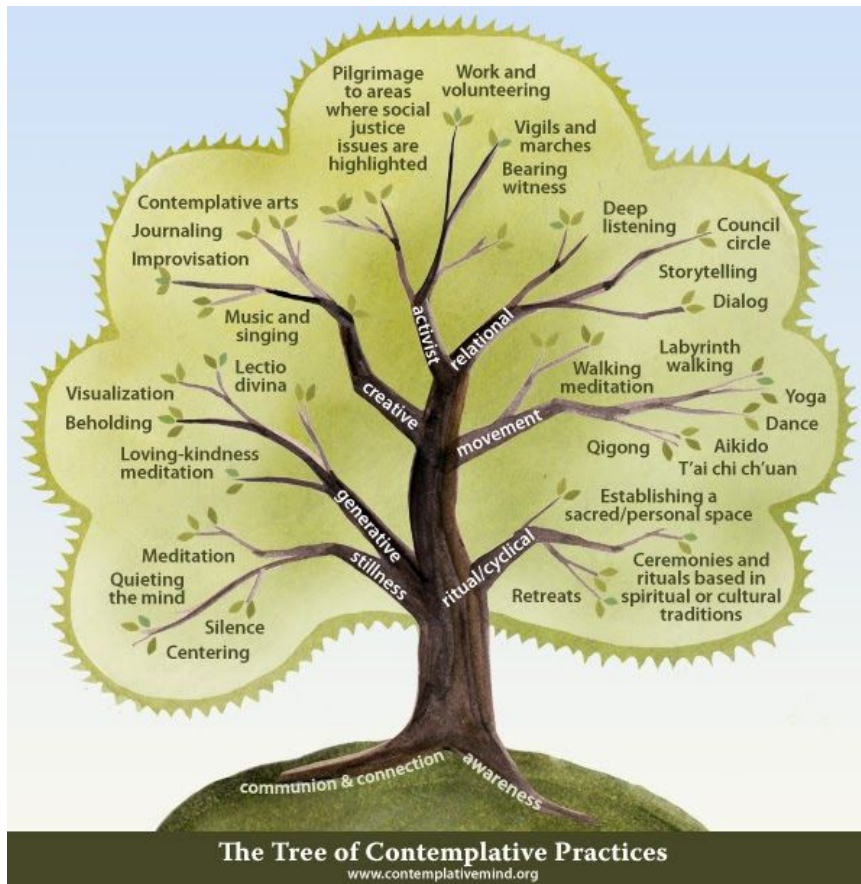
Here’s a great one-minute visualization video with which you can practice deep breaths:

Triangle breathing, 1 minute



If you would like to take this a step further, place your hand on your heart as you breathe. The gentle touch and warmth from your hand help release oxytocin, a natural hormone produced by your body that can work to counteract stress. You have this calming ability available to you anytime, anywhere, no cost or equipment needed!

- In addition to [the worksheet shared by Michele](#) at our workshop, a template called “The Tree of Contemplative Practices” offers a reflection to explore and write down activities you find restorative.



The Tree of Contemplative Practices

A blank version is also available to download or you could draw an image of your own to fill in with practices that appeal to you.

- Sometimes we might struggle when we want to develop a regular practice. We might put it off, may not know where to start, for any number of reasons. This page offers some suggestions on how to support yourself in the process of beginning a practice.

Practice in Daily Life

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- A great resource to go deeper into what self-care can look like for you personally and in organizing spaces:

Mindful Self-Care with Shelly Tygielski

Remember to be gentle with yourself on your self-care journey. Do what you can as you can. Explore and return to what works for you.

This support group is meant to be an open resource and open conversation, so please feel free to reach out. Share what you have found helpful or what you would like to learn more about as we build this network and community of care. We would also love to have your feedback to help guide the development of future newsletters.

Thank you again for your time, interest, and commitment. Be well!

Take care,

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