



## Resiliency & Self-Care Newsletter Winter/Spring 2020, Issue 2

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Hello, and welcome to our second Resiliency and Self-Care newsletter! The start of the new year and new decade is certainly off and running. But let's not get ahead of ourselves! This newsletter is an offering to allow us space to check in, breathe, and ground ourselves as we head into Spring 2020. How are we feeling at this moment?

Next month we will experience the Spring Equinox. Every day, little by little, Nature is moving us back toward balance, evening the hours of light and dark, and setting the stage for new growth to emerge. Referring back to the [Tree of Contemplative Practices](#), what practices have you started to explore or strengthen? Think of your intentions as the seeds you wish to plant this year. What do you desire to take root and emerge?



Just as the light returns more each day, see if you can begin to build in a few more mindful moments into your day. Continue to experiment with what resonates most with you. Is it playing an energizing song in the morning that pumps you up or a quiet moment with a favorite beverage and journal to calm and center? You can also try carving out time for yourself each week to unwind and refresh.

Here are a few recent resources I have found helpful to support a developing resilience and self-care practice:

- [Mindful.org](#) offers a wealth of articles, videos, and practices to explore mindfulness. To build on returning to the breath as a way to center, try a short guided meditation led by Andres Gonzalez, co-founder of the [Holistic Life Foundation](#).

### **Offering Loving-Kindness to Yourself**

*“In order to be giving, we need to be nourished. This practice is about learning to check in with yourself and to do so with love.”*

- [HealingJustice.org](#)'s website offers “a community supporting each other to integrate self and collective care with powerful action for social justice” with a rich podcast archive of recorded interviews and practice segments to explore.
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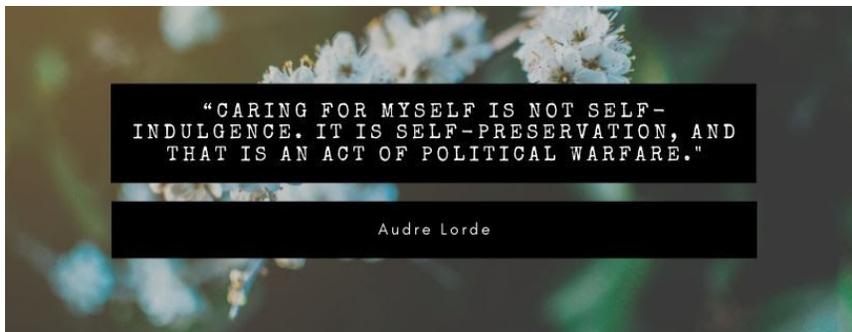
A wonderful practice to try is one led by Alicia Garza, co-founder of #BlackLivesMatter, offering “a visioning practice to guide us through the transition from 2019 into 2020 with focused personal and political power.”

### **2020 Visioning: a New Years Practice with Alicia Garza**

- [Spirituality & Health](#) magazine is a resource that “draws from the wisdom of many traditions and cultures with an emphasis on sharing practices. It looks to science to help provide a context for the spiritual quest and acknowledges that in our language the words “whole,” “health,” and “holy” share a common root.”

Below is a link to a tongue-in-cheek, yet refreshingly honest article that examines what roadblocks we might be facing in incorporating self-care practices into our daily lives and how to break through them in an authentic, practical way:

### **7 Myths of Self-Care and the Truth of Building Resilience**



Remember that we do this work in community and in relationship with each other. It is okay to rest and honor our own needs so we can show up as our full selves. Appreciate and value the time and energy you

invest in your care. As civil rights activist Audre Lorde famously tells us: “Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare.”

Please feel free to reach out and share what you have found helpful so far. As we build this resource together, continue to think about what you might like to incorporate from your individual care into our work collectively. Where might we need to shift the conversation to help better create the organizing culture we desire?

Until next time, take care!

Ronna Wertman, Michele Mattioli, and Andrae Hash

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<https://virginia-organizing.org/>