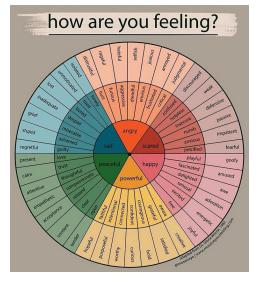


Resiliency & Self-Care Newsletter Spring/Summer 2020, Issue 3

Hello, and welcome to the latest edition of our Resiliency and Self-Care newsletter! We hope this finds you safe and well. Life as we've known it has changed dramatically in just the span of a few months. It's okay to not be okay and to take each day as it comes, returning to the basics as we each make conscious choices to stay as healthy as possible.

We're leaning into a new normal and facing the unknown together. You might also be feeling a range of emotions as you follow the news and important health and economic updates. It can be challenging to make sense of it all. Sometimes it helps to give a name to what is coming up for you. This <u>"feeling wheel" from Mosaic Eye Unfolding</u> offers some assistance.



Honor whatever is true for you and what you can do during this time. If you need to focus on and care for the health, safety, and needs of those in your immediate circle: yourself; a partner; the children in your life; or your elders; do that.

If you have time and resources to give and are in relative safety, connect with a mutual aid infrastructure or other groups in your area providing support to those more vulnerable in our communities.

All actions are important and valuable. Now more than ever, we are aware that what we either do or don't do affects every person with whom we interact. We can slow down and become even more intentional in how

we wish to create healthy, resilient environments for ourselves, our families, and our communities, both now and into the future.

If you are familiar with the Tree Pose in yoga, you understand the act of rooting down on one foot, strengthening the core, and balancing your arms. You might stumble and wobble. But soon you find your center. This, too, is how we can learn to weather storms in life. With strong roots and a solid flexible core, we can bend and yet not break.

Below is a selection of resources we hope might offer you some respite and support over the next few months:

Article: The Spectrum of Grief

Zen teacher Koshin Paley Ellison shares advice on how to mourn and find peace in our new normal.

Podcast: Grief in a Time of Not Knowing with Roshi Joan Halifax

How may we engage with this time as a rite of passage? Because we

won't be able to return to the landscape that we left, but to a landscape that is yet to be revealed.

Rest is essential for good health and a strong immune system. You are always worthy of rest. If you feel you might need a "nap intervention," enjoy a conversation and guided practice with Tricia Hersey, founder of <u>The Nap Ministry</u>.

<u>Listen: You Are Worthy of Sleep Even in a Pandemic.</u>

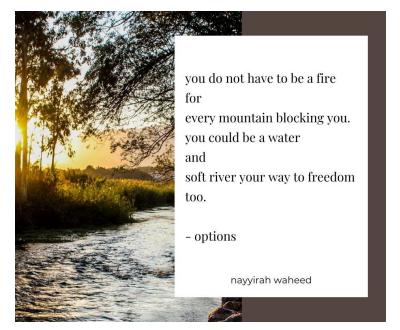
"On the latest episode of the Social Distance podcast, Tricia Hersey of the <u>Nap</u> <u>Ministry</u> joins James Hamblin and Katherine Wells to explain the importance of rest and how to get enough of it."

Practice: The Perfect Nap

"In this practice episode Tricia Hersey, aka the "Nap Bishop" and founder of The Nap Ministry, sets us up with a soothing recording to prepare us for THE PERFECT NAP."

<u>La Cura Podcast</u> provides a range of conversations and a community care series focusing on decolonizing Latinx health and reclaiming traditional healing.

<u>Public_COVID-19 Resources for Deaf Community (Updated 5.5.2020)</u> provides a crowdsourced Google spreadsheet listing a wealth of resources for members of the Deaf community to stay informed, healthy, and connected.



We are a forest of beautifully diverse trees in Virginia Organizing. Each of us contributes important gifts and talents that make the whole incredibly powerful. With our strong roots connected in every corner of the state, we can support and sustain each other as we continue to work toward a more just Virginia for all.

Thank you for your commitment to self-care and community care. It is a lifelong journey and an intentional practice to "bend the arc toward justice." As Andrae Hash shared in our most recent Online Learning Series workshop on Self Care & Healing Justice in Organizing, "We heal so we can act and organize."

We hope you find these resources helpful in the months ahead. As always, please feel free to reach out and share your thoughts or suggestions on how we can make this newsletter useful and supportive to you.

We will get through this time, and remember, you are enough. Continue to breathe, stay connected, and rest. Until we can be together in person again, may you and your loved ones and our communities stay safe and be well.

Take care,

Ronna Wertman Staunton/Augusta County/Waynesboro Chapter,

and the Virginia Organizing Self Care and Healing Justice team:

Andrae Hash New River Valley Organizer

Meghan McNamara Norfolk/Portsmouth Organizer

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