



## Resiliency & Self-Care Newsletter Summer/Fall 2020, Issue 4

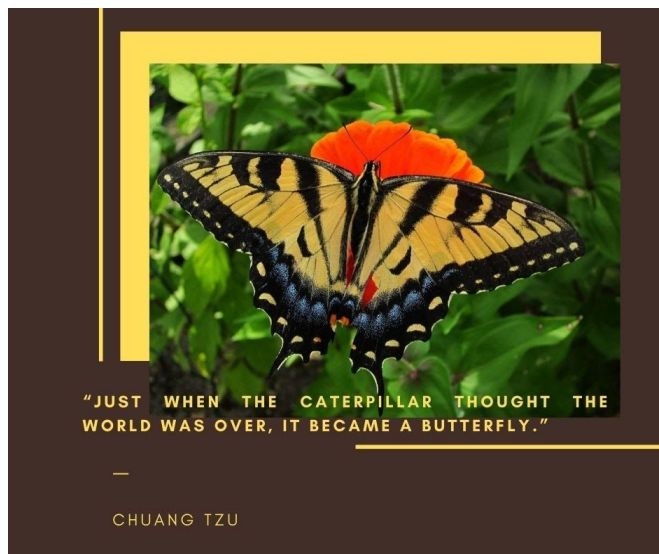
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Hello, and welcome to the latest edition of our Resiliency and Self-Care newsletter! We hope this continues to find you as safe and healthy as possible.

To put it mildly, as we now are past the midpoint of 2020, this is perhaps not the year we were expecting. Weeks and months have been full of chaos and disorder, our typical ways of being in our lives and communities seemingly undone. On our modern devices where we connect remotely for work, study, socializing and downtime, we are also confronted with graphic images of death and violence, news updates, and public health data. Our minds and bodies are not built to sustain this constant influx of information, so do not judge yourself if you feel like something is wrong if you just cannot keep up.

### [Article: All This Chaos Might Be Giving You 'Crisis Fatigue'](#)

*Your body is well adapted to handle temporary stresses, but it's overwhelmed by the constant, unrelenting pressures of this horrible year.*



In reflecting on seeming chaos, science offers us the idea around self-organizing: “a process where some form of overall order arises from local interactions between parts of an initially disordered system” and “automatically evolves toward a state of equilibrium.” Disparate elements are drawn together by an attractor, like how atoms form a star, then a galaxy, and then a universe. On a smaller scale, it's how [individual starlings become a flock](#) that can move together as one fluid unit.

We can also think back to other moments and movements in our history and the leaders who emerged to create order.

Organizing is the process of laying the groundwork, with intentional, thoughtful engagement over years, discovering universal self-interests in disparate people, and connecting them to move toward acting together for the common good.

You are part of that organizing system. You know the elements that are needed to create and sustain healthy people, healthy schools, healthy environments, and healthy economies. Remember that effective organizing is the work of a lifetime, and it is meant to be diverse and inclusive, developing and drawing upon the skills and talents of many.

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Below are some suggested resources we hope offer you some space for respite, reflection, and restoration this season:

A short video and practice from the Greater Good Science Center asks: “How can you move from cynicism to hope and find your North Star?”

#### [How to Connect with What Matters to You](#)

*In the face of a crisis, this exercise can help you identify your most important values.*

With renewed calls for racial justice and reform, enjoy two timely conversations with law professor and author of “The Inner Work of Racial Justice,” Rhonda Magee, where she shares insights on contemplative practices and anti-racism work.

#### [The Gift of Being Alive: A Q&A with Rhonda Magee](#)

*Rhonda Magee on being with vulnerability, getting angry, and knowing joy and healing are possible.*

#### [Forum: “The Inner and Outer Work of Radical Healing in Our Times” with Rhonda Magee & Angel Acosta](#)

*As our world and nation continue to face tragedy and difficult questions, we are called together to hold space for emerging consciousness and radical healing.*

Two practices you can do to care for your body and spirit that take no more time in your usual daily routine, just a shift in intention:

#### [Practice: Sacred Shower or Bath — Eroc Arroyo-Montano](#)

In this practice episode, Eroc Arroyo-Montano offers a practice from [Mijente Ancestral Resistance Zine](#) for transforming grief. He shares an approach to creating your own

cleansing shower ritual to open up sacred space to ground and release in a way that speaks to you.

### [How You Can Rebalance in Seconds](#)

When you are under pressure or stress whether it be at work or home, do you really have the time to go into meditation? Do you have time to take 5 minutes to catch your breath? For most people even a minute is too long. What if you only need seconds?

[Wendy Palmer of Leadership Embodiment](#) shares a wonderful practice for all.

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LET THERE BE  
AN OPENING  
INTO THE QUIET  
THAT LIES BENEATH  
THE CHAOS,  
WHERE YOU FIND  
THE PEACE  
YOU DID NOT THINK  
POSSIBLE  
AND SEE WHAT SHIMMERS  
WITHIN THE STORM.

Jan Richardson  
"Blessing in the Chaos"



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Wendy Palmer notes the importance of practice and repetition: "Practice is training sustained over time." There's no need to become an immediate expert or to gain absolute mastery. We're all in this for the long haul, so remember it's okay to be excessively gentle with ourselves in this moment.

Always feel free to reach out with your thoughts and suggestions for our newsletter. We would love to know what you find useful and which resources resonate with you.

Thanks so much for your time and care. We wish you the very best and continued strength, resiliency, and wellness in the months ahead. May we all find the ["blessing in the chaos."](#)

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Take care,

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



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