



Resiliency & Self-Care Newsletter Fall/Winter 2020, Issue 5



Hello, and welcome to another edition of our Resiliency and Self-Care newsletter. We could not have imagined when developing this resource last year how timely it would become as the months progressed. 2020 has definitely been a more weathering year for all of us. Take heart. Remember that you are part of a community adapting to each twist and turn together. We continue to learn how we can best amplify our voices and actions for justice in our physically-distanced times (virtual can still be effective!).

One constant we can depend on is the turning of the seasons. As autumn leads into winter, our minds and bodies tend to yearn for a pause to rest after the harvest. We can create space to take stock, refresh, and replenish our reserves. Below are some resources and reflections we wish to offer as a part of that seasonal practice.

In the mid-2000s, [Cara Page](#) was one of the first people, as part of the Kindred Southern Healing Justice Collective, to create the term and framework around healing justice. “Our movements themselves have to be healing, or there’s no point to them,” she said.

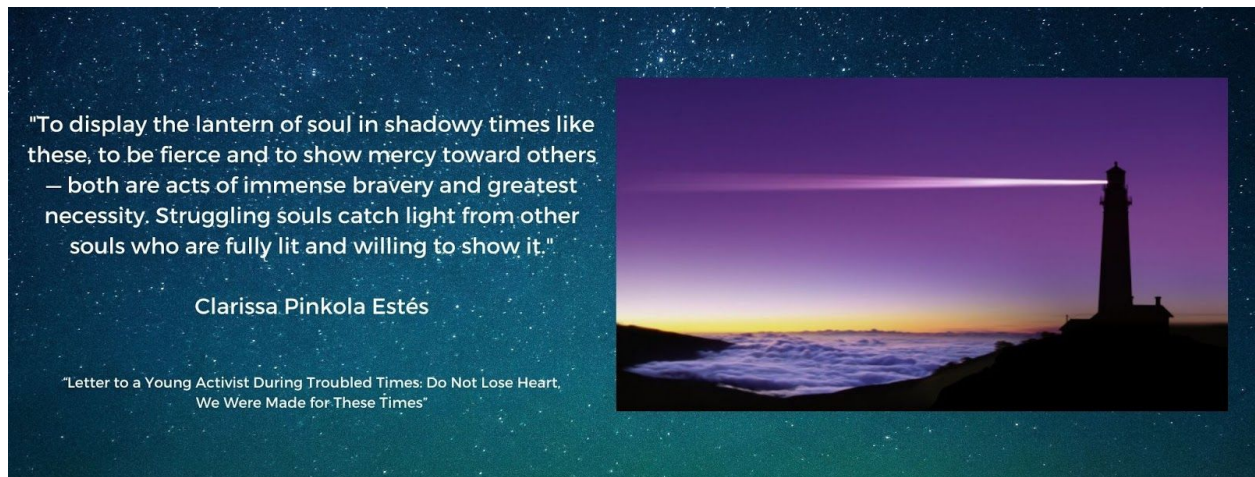
[Video: What is 'Healing Justice'? | GMA Digital](#)

[Disability justice](#) is also being lifted up at this moment as more people are centering years of thoughtful work by disabled and chronically ill Black, Indigenous, People of Color (BIPOC), LGBTQ, and low/no income leaders. This year uncovered the many ways each of our movements need each other in the vision toward a more potent, sustainable future of equity and liberation.

[Article: Racial justice, disability rights, neurodiversity and cross-movement solidarity](#)

You may have seen this letter circling on social media this year. Clarissa Pinkola Estés, a celebrated author and poet, psychoanalyst, public servant, and post-trauma specialist, wrote this expression of hope and encouragement many years ago. It is still a lovely read with which to fortify ourselves at any time.

[Read: Letter To A Young Activist During Troubled Times: Do not lose heart. We were made for these times.](#)



Spirituality & Health magazine has curated several mindfulness resources into a collection titled [Pathfinding](#). Below is a suggested end-of-year reflection with prompts to help gather and process your thoughts.

[Journal: End of Year Ritual: 7 Questions to Ask Yourself](#)

In this short video, author and meditation teacher Sharon Salzberg narrates a retelling of an Indigenous story about two wolves with opposing purposes to ask: Which wolf do we want to feed?

[Video: How Mindfulness Empowers Us: The Two Wolves](#)

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These have certainly felt like shadowy times, challenging us to our very core. Having a resiliency and self-care plan creates a foundation you can always return to, utilizing and adding tools that work for you. We all have different needs and resources, yet our basic humanity calls for us to ensure that everyone can weather the storm.

The months ahead will ask much of us. It is perfectly okay to pause to make an honest self-assessment of how much you can and want to participate. Steady your foundation first with healthy practices, and consider a dose of Dr. Clarissa Pinkola Estés' suggested prescription:

Rx: STAY WELL, STAY IN.

Learn something valuable

Stand in the sunshine

Take a meditation walk by yourself

Talk to friends

Rest

Drink water

Eat decently

Create something beautiful/useful

Pray and bless everything

and everyone you can.

No lack of love, ever,

Dr. E.

I leave you with a brief poem expressed in my native American Sign Language that reminds us of the choices we have when sowing and reaping our harvest: [Perseverance \(ASL\)](#). Sending so many best wishes to you this season. Be well!

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Take care,

Ronna Wertman

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on behalf of the Virginia Organizing Self-Care and Healing Justice team:

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