



Resiliency & Self-Care Newsletter Spring 2021, Issue 7



"All that you touch you *change*.
All that you change changes *you*."

- Octavia Butler

Hello, and sending warm welcomes to you this season! Spring is finally here, a time where we begin to feel energized again. We might get the urge to get outside for sun and air, perhaps tackle some spring cleaning, or use the time to take inventory. Some things might just need a bit of dusting off before they are good as new, and others require a closer look for touch-ups and repair.

We might also be feeling another kind of energy: hopeful yet tinged with melancholy amidst all we have endured

this year. This is valid. We have all been challenged and changed by our varied experiences. It is a time to be gentle with ourselves because we aren't going back to the same world we knew before. During these many months we have been dreaming of new possibilities and how to bring them into being together. Such important work to do with intention and care.

Below are some offerings to help us honor ourselves in what we have experienced and provide a space for reimagining.

In response to how this year has been, [Rockwood Leadership Institute](#) pulled together a wealth of resources to help answer the questions: "*How can we lead now?*" How can our leadership uplift the truth of our interdependence? How can we take care of ourselves in this moment as we set our sights on the emergence of the next world of liberation and justice?"

[Blog post: How can we lead now?](#)

It is essential more than ever to have ways to rest that restore you. As [Dr. Saundra Dalton-Smith](#) shares in her TED talk, “Have you ever tried to fix an ongoing lack of energy by getting more sleep — only to do so and still feel exhausted? Sleep alone can’t restore us to the point we feel rested. So it’s time for us to begin focusing on getting the right type of rest we need.”

[Article and video: The 7 types of rest that every person needs](#)

[Mushim Patricia Ikeda](#), a social activist and teacher at the East Bay Meditation Center in Oakland, California, shares the challenge of overwhelm, burnout, and self-sacrifice amid multiple ongoing crises. “Perhaps your community, like mine, is in need of inventive ways to carve out spaces for what some are now calling “radical rest.”

[Article: I Vow Not to Burn Out](#)

Disability justice leaders like [Mia Mingus](#), [Naomi Ortiz](#), and [Leah Lakshmi Piepzna-Samarasinha](#) have known self-care is not possible without community care. They believe the way forward is through a radical understanding of interdependence. This is true not only in our personal spaces but especially so in organizing spaces that are often inaccessible.

In this podcast interview, Naomi Ortiz offers some wisdom on the intersections of identity and showing up as the many selves we are.

[Audio interview with transcript: Crip wisdom, gender and self-care for social justice](#)

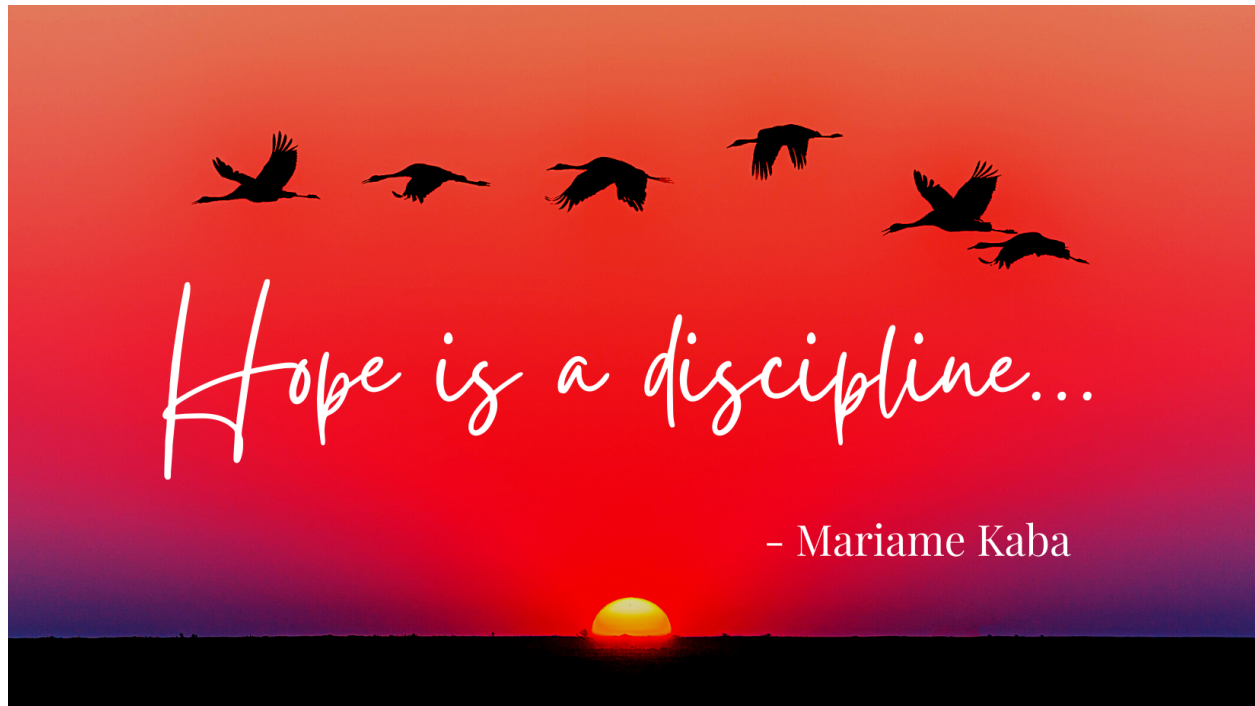
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The catalyst for this Resiliency and Self-Care newsletter was in seeing the impact of years of personal and collective burnout. The idea began to germinate further in 2019 after several conversations between myself and other members, leaders, and staff. Those seeds have now grown into workshops at the annual Virginia Organizing Grassroots Gatherings and during last year’s virtual Online Learning Series, and the continuation of this quarterly newsletter.

It is both meaningful and humbling to me to be able to contribute in this way. Stepping back from more active volunteer leadership to pursue this topic, I have connected with leaders and communities far beyond my own to deepen my knowledge and practice. And to

have done so while also navigating my own challenges and disabilities has made it all the more impactful.

Thank you for your time, your attention, and your intention to bring these practices and conversations into your lives and the work you do. Take time to honor yourselves this season. Reach out and stay connected with each other. Continue to stay safe and well, and remember you are [Resilient!](#)



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Take care, and all the very best,

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