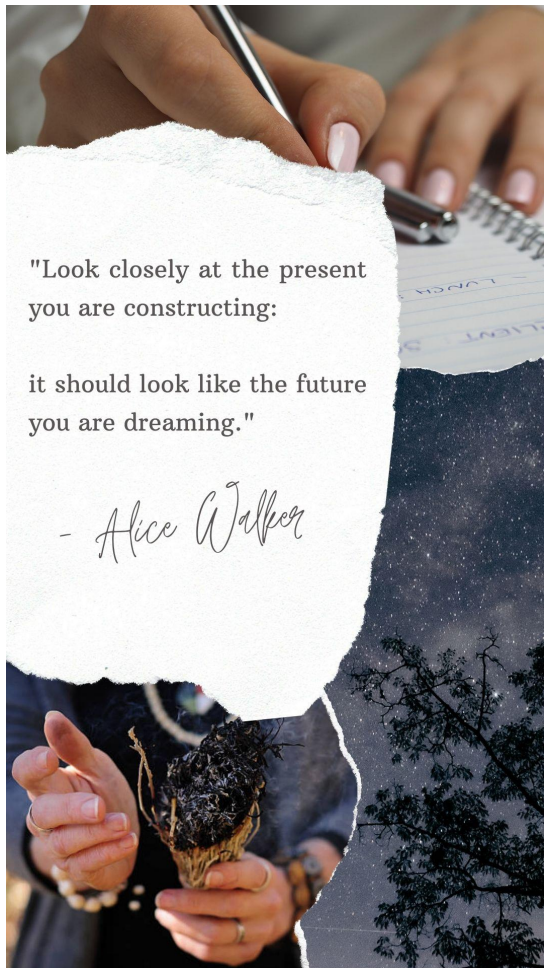




Resiliency & Self-Care Newsletter Summer 2021, Issue 8

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Hello and welcome to you, and to a new season! We hope these long, warm summer days are being kind to you.

No doubt it continues to be a trying time. With our usual ways to work, care, comfort, receive, and connect still in question during this transition to a “new normal,” perhaps resiliency and self-care have felt like less of a priority. Much is being asked of us. It’s more than okay to push back on the notion that we should be able to do and handle it all, all the time. Hopefully, the collective steps we each take day by day, the thought, care, and action we bring to each present moment, will lead us closer and closer to the future we imagine.

Below we wish to offer a selection of suggested resources and guided practices to help us navigate with space and grace this season.

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Writer and coach Jessie Harrold shares thoughts on this past year: *“In my work with people navigating (a) life transition, I call this the liminal space—the space between, that time when you cannot return to your old way of being, but you aren’t yet sure who you are becoming.”*

[Article: Don't Know What To Do? 5 Ways to Navigate Liminal Space](#)

[Yes! Magazine](#) offers an essay from writer Kevin Fong, who asks: “Embracing joy in the struggle as part of our everyday lives can expand our ability to heal ourselves and our communities, be more kind, empathetic, loving, and genuinely human. As we navigate through these times, what can you do to find some blue sky—or be some blue sky— every day?”

[Essay: Finding Joy in the Struggle](#)

In this conversation from [On Being](#), author and workshop facilitator [Alex Elle](#) goes deep and personal. She uncovers and weaves the threads of what self-care, community care, and generational healing mean to her and her family at this moment.

[On Being radio program: Self-Care as Generational Healing](#)

[Dianne Bondy](#), a social justice activist, author, accessible yoga teacher, and leader of the Yoga For All movement, hosted a recent presentation in partnership with [Exhale to Inhale](#) to explore how to find joy in accessible and sustainable self-care practices.

[Webinar \(with CC\): Dianne Bondy: Accessible Self-Care](#)

Access Passcode: **ETIyoga5!**

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These are a few science-based guided mindfulness practices that you might like to try:

[1-Minute HeartMath Quick Coherence](#) with Deborah Rozman

[5-Minute Self-Compassion Break](#) with Kristen Neff

[8-Minute iRest meditation](#) with Richard Miller
(more audio practices can be found at <https://www.irest.org/try-irest-now>)

[25-minute Wheel of Awareness meditation](#) with Dan Siegel

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In the opening of her book, “Sustaining Spirit: Self-Care Practices for Social Justice,” [Naomi Ortiz](#) shares a saying: “¿Y dónde está tu ombligo?” Indigenous healer [Dr. Patrisia Gonzales](#) proposes it to mean, “Where is your belly button? Where are you centered or rooted?”

It’s a question with an answer that can shift and change, yet it is always good to check in with to see if your center is where you would like to be.

We hope these offerings help in this wobbly time, with threads of ideas and practices to center, as we weave a new future together. You are each so wonderful, amazing, and essential. Until next time, be safe, be well, and be good to yourselves and each other!



"Generational patterns are woven into the patterns of our lives. But they are not set in stone.

Fabric can be unraveled, tears mended, knots untangled. And a new pattern can be tenderly and intentionally begun.

We are the story-weavers of this generation. May we wield our looms with the bravest love and fiercest hope imaginable."

- L. R. Knost

Take care, and all the very best from the Self-Care and Healing Justice team,

Ronna Wertman
Virginia Organizing volunteer, and

Meghan McNamara, Lead Organizer
Portsmouth/Norfolk

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

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