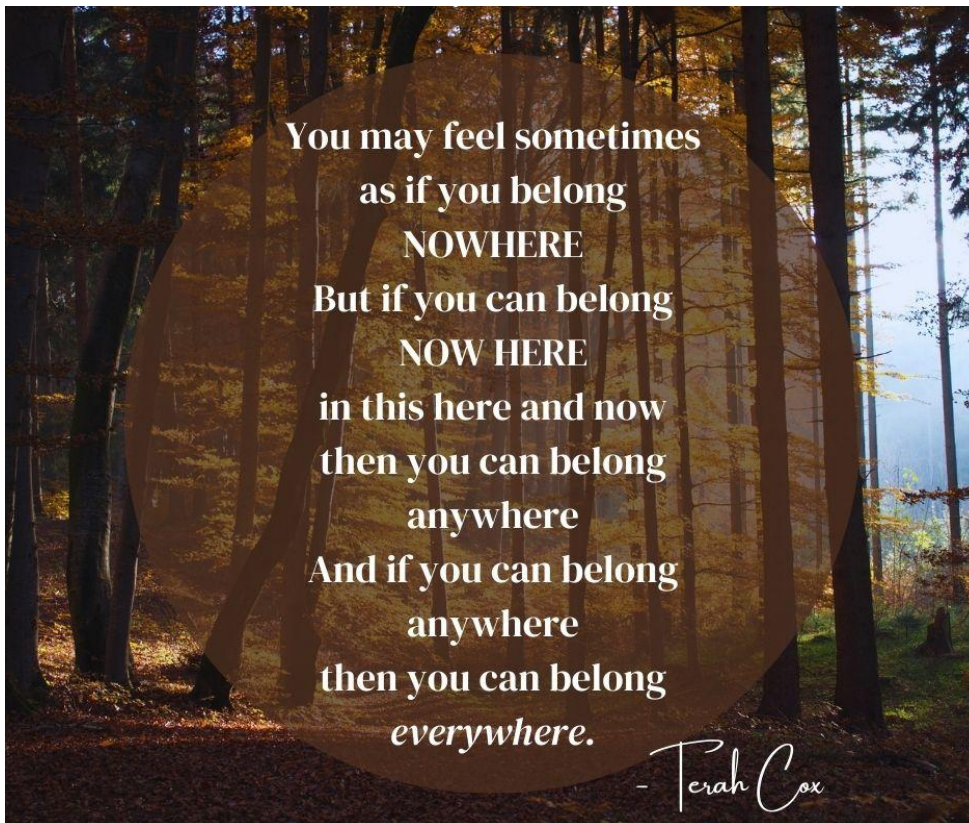




Resiliency & Self-Care Newsletter Autumn 2022, Issue 13

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Hello everyone, and warm welcomes! Hard to believe we are in the last quarter of the year. Autumn is here with all its hustle and bustle, events to attend, and routines to get back into again.

Some may welcome the return to long-awaited activities. Some may feel dread and uncertainty heading toward the end of the year, be it because of health concerns, finances, elections, you name it. Wherever you find yourself on the

emotional spectrum, allow yourself to be with it and have a moment of compassion for yourself and others.

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#### [Practice: A 12-Minute Meditation to Arrive, Breathe, Connect](#)

*In this practice, Lili Powell offers space to fully arrive in the present moment and make a commitment to focusing on being right here, right now.*

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Dolly Joseph, a community builder from the Charlottesville area, shared during the opening session of this year's virtual Virginia Organizing Grassroots Gathering about being with the complexities and contrasts within ourselves. It was a beautiful, deep, wide-ranging, and honest conversation showing the power of self and group reflection.

Some of the questions Dolly wrestles with when building community:

- How am I rooted in my own values?
- How do I show up in ways that are flexible and cooperative, and where and when do I need to be firm and consistent in my boundaries?
- What are healthy traditions to build on, with respect to the ones who built them? What oppressive behaviors and ideas within myself do I still need to unpack and dismantle?
- Is what I do enough, and does it matter?

Dolly went on to share about not getting drawn into critiquing other people's work and grounding into your values and skills. It is very easy to get overwhelmed and distracted by the many worthy issues to tackle. There is more work than any of us can take on alone. Ask yourself: What is mine to do? Social change and justice work take a diversity of tactics.

I have also learned over the past few years from my movement comrades in the disability and chronic illness community the power of interdependence and sharing in the ebb and flow of personal capacity. Some days I have more [“spoons”](#) to spare and give to the work. Other times, I have little to none to give and need to be honest in stating that.

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There is also a diversity of tactics when it comes to a resiliency and self-care practice. Below are a few offerings for reflection this season about finding joy in activism, unpacking what is usually meant by “resilient,” and resting as an act of resistance.

#### **NPR Life Kit Podcast (with transcripts available)**

- ❖ [How to find joy in activism](#) with Karen Walrond
- ❖ [Why you should stop complimenting people for being 'resilient'](#) with Lourdes Dolores Follins
- ❖ [Why rest is an act of resistance](#) with Tricia Hersey

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A term you may have seen lately is “quiet quitting.” The phrase is getting both praise and criticism. But it opens up and unpacks the conversation around burnout and engaging with work in the modern COVID era.

*“It’s not just that we’re overdue for a recalibration. We’re overdue for a revolution.*

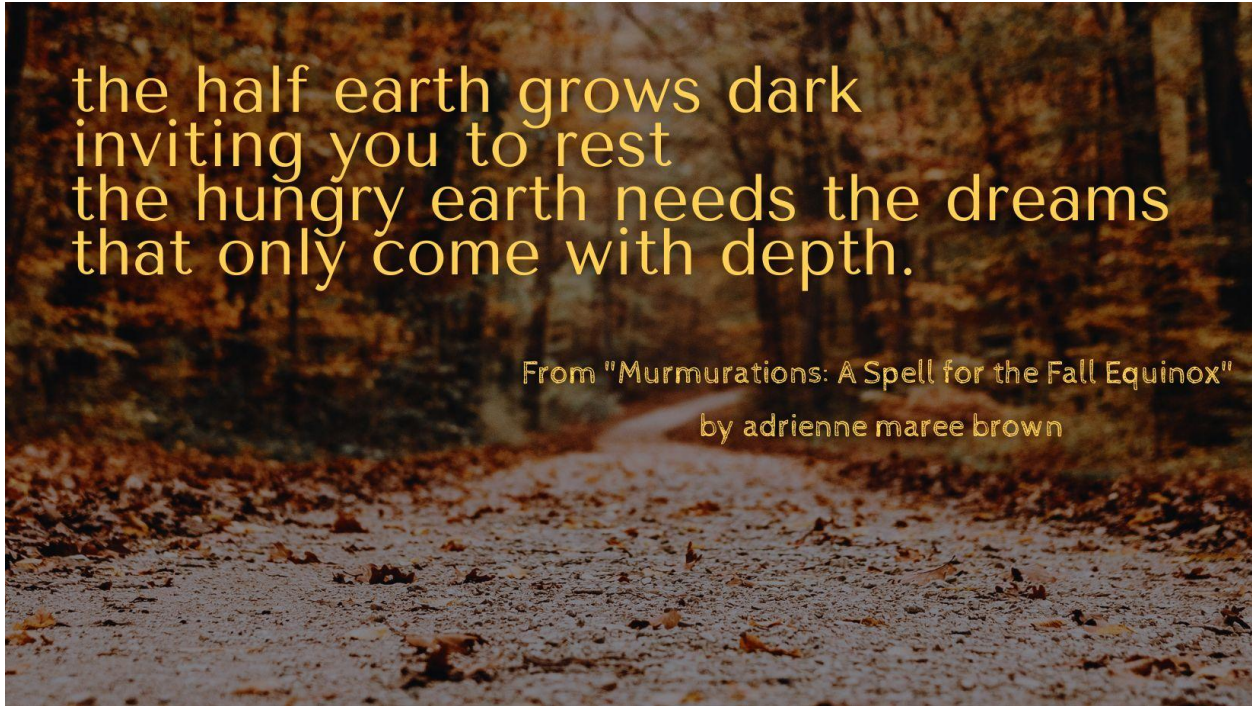
*The psychological space we give work is not just a choice we make as individuals or even just in our minds. It’s a cultural shift that must be impelled and supported by legislative support. Quiet quitting is a step toward rational and fair labor practices, but not everyone will have that choice. This is why we say in our book that the cure for burnout is not self-care. The cure for burnout is all of us caring for each other.”*

- Amelia Nagoski

[Interview: What is Quiet Quitting? A Burnout Expert Discusses](#)

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[Poem: Murmurations: A Spell for the Fall Equinox by adrienne maree brown](#)



the half earth grows dark  
inviting you to rest  
the hungry earth needs the dreams  
that only come with depth.

From "Murmurations: A Spell for the Fall Equinox"

by adrienne maree brown

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The thread throughout all of these offerings is one of pausing to ask some deeper questions and reframe the notion of resilience. Like Dolly Joseph spoke about in her keynote presentation, I can relate to having run on adrenaline at times until a life event forced a pause. In the NPR Life Kit podcast with Lourdes Dolores Follins, she shares: “Resilience can be just putting up and going back to a former way of being that wasn't always good depending on the situation.”

Resistance, on the other hand, can be leaning into your emotions about injustices to move you to collaborate with others for change. Doing the unexpected, like using kindness or softness as resistance, or rest as resistance can also be a game-changer.

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As always, this is an open space for ideas and conversation around resiliency and self-care in organizing. Please feel free to reach out to share your thoughts and to share what you are seeing, reading, and listening to that you think would be great to include in our newsletter. Write us anytime at [info@virginia-organizing.org](mailto:info@virginia-organizing.org).

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Warmest wishes for a season of kindness, rest, dreaming, and restoration!



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Until next time, all the very best from the Self-Care and Healing Justice team,

Ronna Wertman,  
Virginia Organizing member/volunteer  
Shenandoah Valley region

Meghan McNamara,  
Virginia Organizing Lead Organizer  
Portsmouth/Norfolk Chapters

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

