



I have fond memories of my childhood home in Puerto Rico; although the yard was not very big, I recall as a little girl thinking what a treasure trove it was. My parents planted herbs, peppers and flowering bushes in the front; fruit trees in the back. Some of my fondest memories are of climbing our guava trees with my brother, finding small rocks to throw at the soursop fruit so that it would fall, or simply eating the mangoes hanging from the low branches. My four siblings and I would spend time just sitting outside, soaking up the sun, and connecting with nature. We took care of ourselves, and each other, through our love of family and the nurturing aspect of nature.

As 2020 comes to a close, here at End Abuse we acknowledge the weight this year will have in our collective consciousness for years to come. A global health pandemic punctuated a multitude of other pandemics, including domestic abuse, sexual assault, child abuse, elder abuse; the murder of George Floyd accentuated racism and white supremacy within them all. This has brought to the forefront systemic issues that curtail survivors' access to services.

We recognize advocates across Wisconsin and the nation, who worked tirelessly all year to ensure that, despite our world's landscape, victims and survivors continued to be served. The increased vicarious trauma, along with heightened anxiety, advocates have experienced in 2020 necessitates this issue of the Coalition Chronicles, which focuses on and celebrates both self-care and community-care. We thank you for your hard work in our fight to end all forms of violence and oppression, and we hope you are able to find in this journal a guava tree you can climb to help you thrive in 2021.

A handwritten signature in black ink, enclosed within a hand-drawn oval. The signature is stylized and appears to read "Gricel".

Gricel Santiago-Rivera

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SELF-CARE & CIRCLES OF CARE

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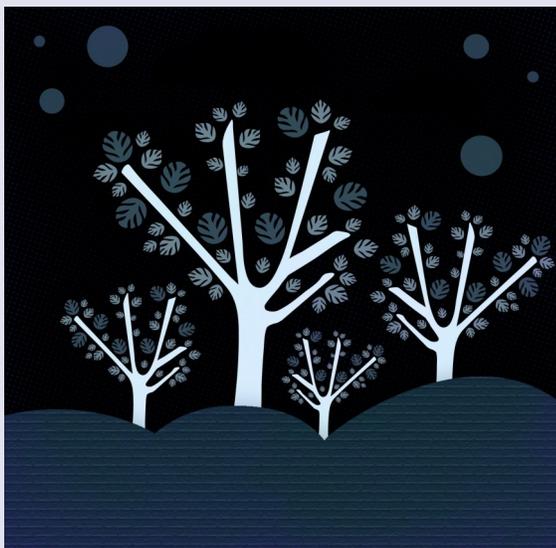
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Interim Executive Director
Gricel Santiago-Rivera

This issue of the Coalition Chronicles is a short and sweet collection of self- and community-care offerings. Inside are links to a variety of long and short podcasts, recorded webinars, practical tools, art and poetry. At the end of a terribly challenging year, in which we grappled with injustice and violence, experienced daily anxiety and grieved losses great and small, let us collectively pause and breathe together. We hope that you will find something here to nourish and inspire you.

- Colleen Cox, Editor



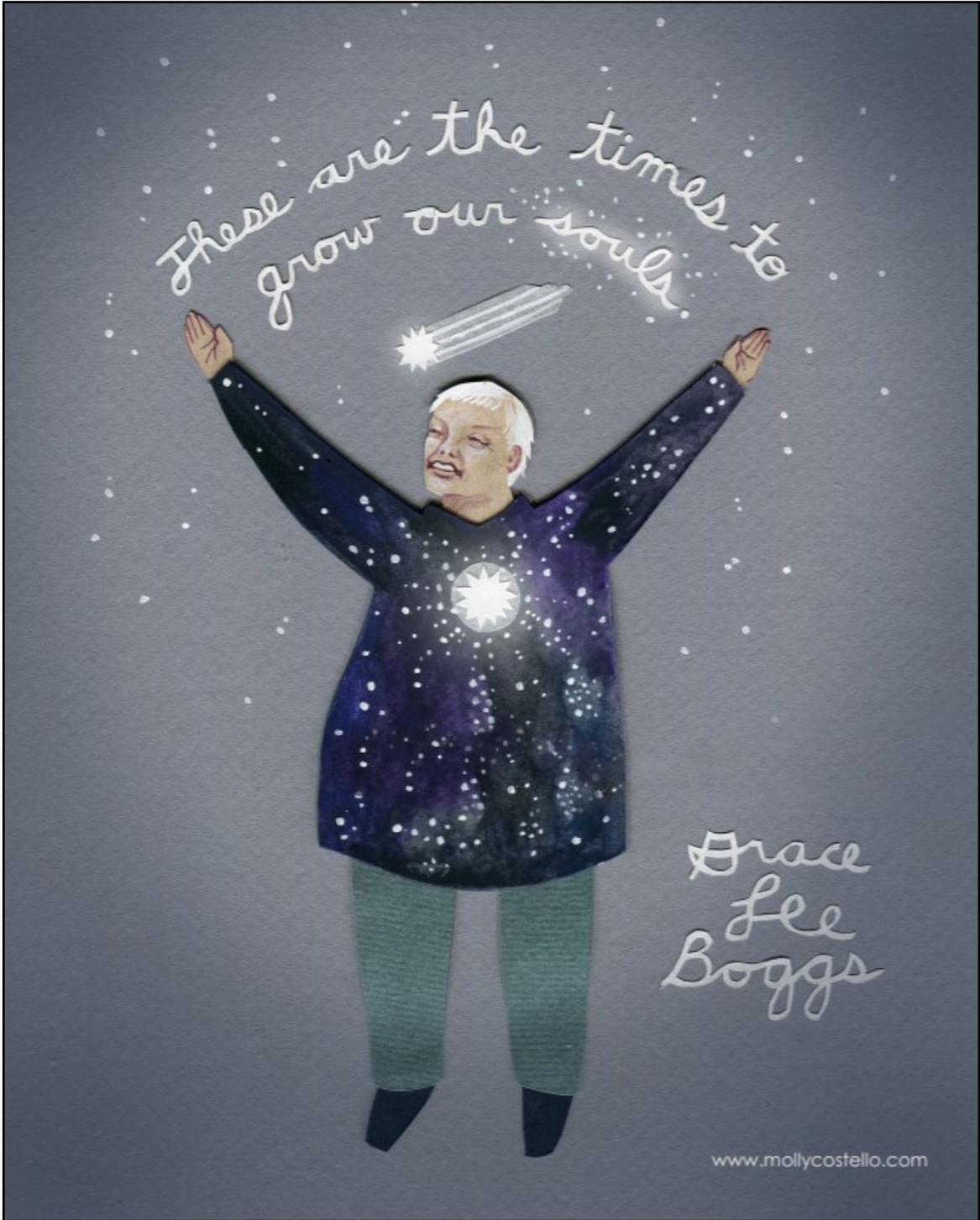
Justice and Joy: Self-Care in 2020

Justice and Joy: Self-Care in 2020 is a 30-minute National Association of Social Workers (NASW) Social Work Talks Podcast delivered by Sharea Farmer, LCSW, who has years of success in helping clients recover from anxiety, depression and low self-esteem. In this interview she speaks about why self-care and community building are so important for Black and brown people in this time of heightened anxiety, and how to support this healing.

[Access the Justice and Joy podcast at this link.](#) You can also [link to the transcript.](#)

“When I think of self-care, I think of it as a **collective care**. So it's areas that I'm intentional in, that include myself. And I am the priority on the list, but I also impact those who are in my social circle in order to make sure that I'm balanced, because in all of my areas of self-care, I have an accountability partner.”
- Sharea Farmer

“**There are times when healing is painful**, and in that pain you are looking for a level of justice and a level of being seen. And I think that's where we are right now. We're not in the place where it looks like we're resolving to a place of healing. We are in the space where we are fighting for that healing. And part of that is also being honest that you have to see the pain that you've caused to a community. And I think when we think about how the country is trying to educate itself to really be intentional about anti-racism. Those are examples of healing, even though it still may be painful.”
- Sharea Farmer



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won't you celebrate with me

Lucille Clifton

[won't you celebrate with me by Lucille Clifton | Poetry Foundation](#)

Theda New Breast's November 20, 2020 Facebook Live Power Hour

Native Wellness Institute has been offering Facebook Live Power Hours recently. This one features **Theda New Breast** sharing her mother's wisdom, her joy, infectious laughter and a few tears, about which she says she "doesn't suck it up anymore because [she] likes to enjoy healing." [Spend an uplifting hour listening to this talk.](#)



Life Kit: How to Have Better Conversations, from *It's Been a Minute* with Sam Sanders

During this 20-minute podcast ([link to *How to Have Better Conversations*](#)), Sam Sanders anticipates the coming holidays as we try to figure out how to connect with loved ones safely, which may mean all we have available are phone conversation and video chats. Sam interviews journalist and professional speaker [Celeste Headlee](#). Celeste, who gave a [TED talk on this topic](#), shares her guidance on how to have more meaningful conversations. At about 13:50 we find that that a 10-minute phone conversation gives you a mood boost. (See text box.)

"If you don't want to be on video, do not be on video. Zoom can be exhausting. It's also super-intrusive.

The one thing that we know is really quite healing for you, and you take a lot of benefit from it in terms of positive mood boosts from hormones, is talking on a phone...in fact they've shown that if you have just a 10-minute chat with somebody, you actually perform better on cognitive tests.

So if you are talking remotely, try to use the phone as much as possible."

- Celeste Headlee

When Work Insists on Coming Home

In this webinar recording, Dr. Gabriela Sehinkman provides a training for domestic violence advocates in Wisconsin that reviews how working with victims and survivors of domestic violence may impact advocates in their home lives.

[Link to the webinar in Spanish](#) or [Link to the webinar in English](#)

The webinar has three parts:

- Basic concepts such as the crisis cycle, stress response, and individual and collective trauma
- Compassion fatigue, post-traumatic stress, secondary trauma, and impact on our personal lives
- Coping strategies for advocates to apply in their personal lives and at work

“Research shows that through post-traumatic growth and **vicarious post-traumatic growth** we can experience a positive outcome as a result of doing the work that we do. The kind of growth observed in people who are in direct contact with victims and survivors includes improvement in the ways that we see ourselves, improvements in our relationships with others, and improvements in our overall life outlook and philosophy. This type of growth translates into greater personal strength, a greater appreciation of life, the discovering of new possibilities.”

- Dr. Gabriela Sehinkman



Domestic Violence and the Holidays: VAWnet's Technical Assistance Guidance Series

[Domestic Violence and the Holidays: Technical Assistance Guidance Series](#),

developed from 2014-2016, highlight trauma-informed strategies to support programs in promoting healing, wellness and safety during the holiday season, while taking into consideration the diverse needs of survivors and the advocates that serve them. The contents include best practice information and resources related to: positive visioning, promoting wellness and managing stress, cultural sensitivity, responding to the food-related needs of survivors in shelter, considerations for working with survivors from specific populations, and understanding the available research. In the drastically changed pandemic landscape, some of the guidance will need to be adapted; however much of it remains especially relevant during these times. Below and on page 7 are short summaries of two of the items in the series.

Beyond Resolutions, Envisioning Your Future

[Beyond Resolutions, Envisioning Your Future](#) (by Ivonne Ortiz, December 2015, 8 pages) suggests that the New Year's holiday provides an opportunity for domestic violence programs to engage in positive visioning with advocates and survivors. It briefly discusses the role of resilience – an innate human capacity that involves behaviors, thoughts and actions that anyone can learn and develop – and outlines activities that survivors and advocates might use to envision achievable life goals.

When we envision what we want to accomplish, our brain invests itself into our life goals as if we had accomplished them. That is, by setting something as a goal, however small or large, however near or far in the future, a part of our brain believes that a desired outcome is **an essential part of who we are** – setting up the conditions that drive us to work toward the goals to fulfill the brain's self-image.



Promoting Wellness and Managing Stress

[Promoting Wellness and Managing Stress](#), from VAWnet's Domestic Violence and the Holiday Technical Assistance Guidance Series, focuses on the wellness needs of shelter staff during the holiday season. Throughout the year, while other organizations close to observe different holidays, domestic violence and sexual assault programs continue to operate without any interruption in services. This article considers common causes of excessive workplace stress that can affect shelter staff during the holidays. The authors suggest conversations and concrete actions that programs can take to support staff wellness during the holidays, that can continue after the season has come and gone. Included are a list of resources and links such as the [Self-Care Starter Kit](#) developed by the University at Buffalo School of Social Work, where you can find more information, checklists, and tools on self-care.

Greater Good in Action

[Greater Good in Action](#) is a collaboration of UC Berkeley's [Greater Good Science Center](#) and [HopeLab](#) to offer a collection of research-based methods that promote happiness, resilience, connection, and kindness—all skills that can be taught and developed over time, with practice.

This is a great website for exploring mindfulness and meditation practices for people with **any level of experience**. Each suggested practice lists difficulty level, duration, and frequency. There are text instructions as well as audio for guided meditations. Practices are in subcategories like Mindfulness, Optimism, Compassion, and Resilience to Stress.

Examples are in the box, right.



Practice Examples:

- 10 minutes, daily, casual - [Common Humanity Meditation](#) Build compassion and interconnection by seeing your similarities with others.
- 15 minutes, weekly, casual - [Self-Compassionate Letter](#) Stop beating yourself up for flaws and mistakes.

Workplace Wellness and Leadership

Grief Leadership During COVID-19

As we are in the pandemic holiday season, feelings of grief may be magnified. This two-page [tip sheet from Center for the Study of Traumatic Stress](#) focuses on understanding people's reactions to the losses associated with tragic events and informs the roles that leaders can play in support of recovery. It begins with the overarching requirement of communicating effectively and openly during a crisis, and offers tips for both immediate and recovery phases.

Tips for Activating a Culture of Well-being in the Nonprofit Workplace

In this 2018 blogpost for Guidestar, [Tips for Activating a Culture of Well-being in the Nonprofit Workplace](#), Beth Kanter incorporates a framework based on Abraham Maslow's hierarchy of needs, mapped to an organization's hierarchy of needs:

- Level 1: Functioning Factor—Do people have what they need to do their jobs?
- Level 2: Feelings Factor—Do people feel appreciated and respected?
- Level 3: Friendship Factor—Do people feel connected to one another?
- Level 4: Forward Factor—Do people feel like they have opportunities for growth?
- Level 5: Fulfillment Factor—Do people feel like they are inspired and working towards a higher purpose?

Working Remotely During COVID-19: Your Mental Health and Well-being

[Working Remotely During COVID-19: Your Mental Health and Well-being](#) from the **Center for Workplace Mental Health, of the American Psychiatric Association**

Foundation includes tips for

- Health and well-being for those working remotely
- Managing a mental health condition
- For managers and HR professionals to support employees



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To Be of Use

Marge Piercy

[To be of use by Marge Piercy | Poetry Foundation](#)

Mental Health Support for Survivors, their Children and Advocates: Tools You Can Use

The National Center on Domestic Violence, Trauma, and Mental Health (NRCDVTMH)

compiled an extensive list of COVID-19 resources to support survivors, families, and organizations and advocates who serve survivors of domestic/sexual violence and trauma. Below are summaries and links to just a few of the resources focused mental health. These and additional resources can be found at this [link to NRCDVTMH COVID-19 Resources](#)

Wellness in 8 Dimensions

[Wellness in 8 Dimensions can be downloaded for free at this link.](#) The workbook combines two wellness tools. The first, *Wellness in 8 Dimensions*, shows how wellness involves eight key factors, including emotional well-being and physical health, finances, environment, social connections, intellectual pursuits, occupational endeavors, and spirituality. The second tool, *The Wellness Daily Plan*, helps people monitor their wellness in each of these eight dimensions. A 5-minute podcast and 20-minute webinar on using the workbook is also available at this website.



Pebble Meditation is an introductory meditation practice, adapted from Thich Nhat Hanh, to connect children and adults with their breath, bodies, and the natural world around them. All it requires is four pebbles and a container to hold them. [Link to Pebble Meditation](#) (2 pages).

Responding to Change & Loss – In Support of Children, Teens & Families

This toolkit (14 pages) from the National Alliance for Grieving Children offers strategies for children and families to create space for and process emotions. It contains lots of easy-to-use worksheets and activities. [Link to Responding to Change & Loss.](#)

Box Breathing is a technique used to calm yourself down with a simple 4 second rotation of breathing in, holding your breath, breathing out, holding your breath, and repeating. This [link to QuietKit Box Breathing](#) provides brief background information and an easy to follow visualization.

Lama Rod Owens

Lama Rod Owens website leads with “Race. Class. Gender. Sexuality. Identity. Conversations & Contemplations on the things we’re scared to talk about.” Rooted in Buddhist wisdom and human experience. His teachings are grounded in the practice of Radical Presence and rooted in Buddhist wisdom and personal experience. Lama Rod defines “radical” as remembering and returning to a simple and basic way of being in the world, one that reduces the violence to oneself and others; it honors one’s own passions and aspirations and relates to the world from a place of equanimity. It doesn’t push things away, battle, force or judge. It softens, accepts and allows. [Explore the website which includes recorded talks that are just under 30 minutes, at this link.](#)

Kristin Neff: Cultivating Compassion

On Kristin Neff’s website you will find [Self-Compassion/LovingKindness Meditations](#) (10 guided meditations ranging in length from 5-24 minutes) as well as 8 exercises to explore self-compassion.

What is self-compassion? “In contrast to self-esteem, self-compassion is not based on self-evaluations. People feel compassion for themselves because all human beings deserve compassion and understanding, not because they possess some particular set of traits (pretty, smart, talented, and so on). This means that with self-compassion, you don’t have to feel better than others to feel good about yourself.” [Link to read more about what is - and what is not - self-compassion.](#)

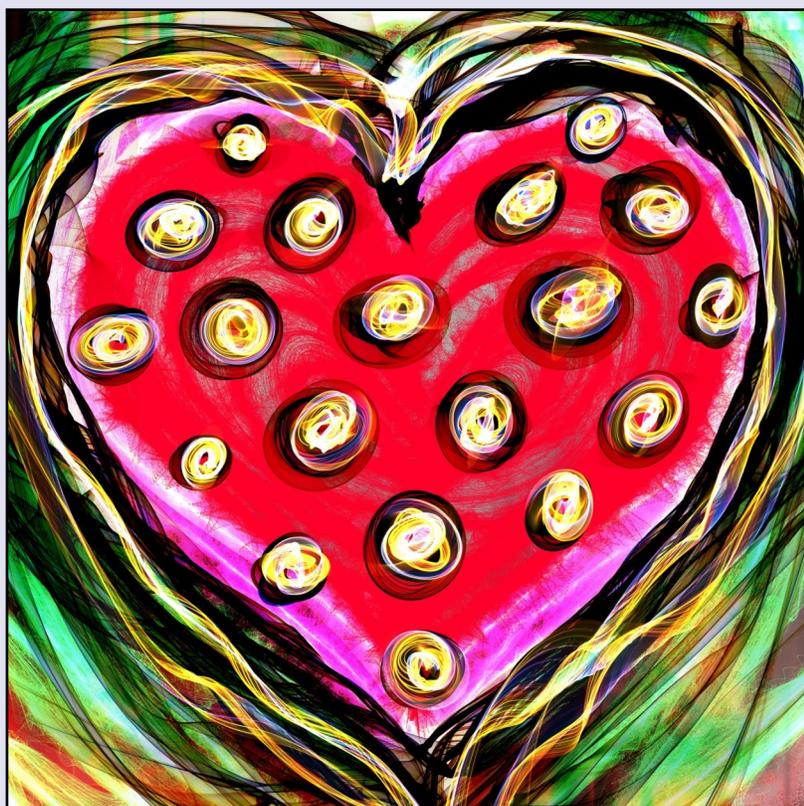


Grounding

The website [Therapist Aid](#) created by Woody Schuldt, LMFT, offers many free therapy worksheets, tools and articles. This short article [Grounding Techniques](#) explains how grounding techniques help control uncomfortable symptoms after a trauma by turning attention away from thoughts, memories, or worries, and refocusing on the present moment. The article shares four grounding techniques for managing the symptoms of trauma, including links to printable or audio versions of grounding techniques.

Pod Mapping

In the domestic violence advocacy world, we've been talking about pod-mapping recently, as a way of thinking more broadly about "safety planning" as we navigate the many different manifestations of violence in our world. The term "pod" of course takes on a new significance in our current pandemic reality, and in the challenges we face as survivors and advocates. In this [2016 article for the Bay Area Transformative Justice Collective](#) Mia Mingus describes the origins of pod-mapping and provides a pod-mapping worksheet – which may be useful especially during the upcoming holidays.



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You Are Who I Love

Aracelis Girmay

[Read You Are Who I Love](#)

“Your pod is made up of the people that you would call on if violence, harm or abuse happened to you; or the people that you would call on if you wanted support in taking accountability for violence, harm or abuse that you’ve done; or if you witnessed violence or if someone you care about was being violent or being abused.

People can have multiple pods. The people you call to support you when you are being harmed may not be the same people you call on to support you when you have done harm, and vice versa. In general, pod people are often those you have relationship and trust with, though everyone has different criteria for their pods.”

- Mia Mingus



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