

Keeping Your Cup Full is Essential to Trauma Informed Advocacy Part II



NRC DV Admin 2: Hello All! We are so glad that you could join us today! Please feel free to introduce yourselves here in the chat. We'd love to get to know who is on the call.

Ivonne: Hi everyone, this is Ivonne your host. Thanks for joining our webinar.

Vanessa Timmons: Hi all! I am looking forward to our time together today

Breckan Winters: Hi everyone! I'm Breckan from NRC DV. The webinar will start at 3pm EST. In the meantime, feel free to introduce yourself here in the chat!

Kandi Morris: Hi everyone I'm Kandi. I work as a domestic violence advocate at Women Resource and Rape Assistance Program

Breckan Winters: Welcome, Kandi!

Emily Hollar: Hello! I am Emily, the Court Advocacy Coordinator in Lima, Ohio

Breckan Winters: Welcome, Emily! So happy to be on this webinar with you all this afternoon. This is going to be a great presentation! :)

Breckan Winters: The webinar will begin in a few minutes, so now is a great time to grab some tea or coffee and a snack and get settled in.

Breckan Winters: Feel free to introduce yourself here in the chat as well!

Breckan Winters: If you have not already done so, please dial 1-877-594-8353, pass code: 527-89-148# for audio. You may also listen through your computer.

Breckan Winters: Although you can listen via your computer, we do recommend dialing in on your telephone for the best sound quality. If you experience any trouble with sound, please be sure to dial 1-877-594-8353, passcode: 527-89-148#.

Melanie Zito: Hello I'm Melanie and I work as a financial counselor for a dv shelter in Arlington, Virginia

Deborah Wendland: Hi! I'm Deborah, and I'm a Victim Advocate for Homicide at the Baltimore States Attorney office.

Breckan Winters: Welcome, Melanie and Deborah!

Keyla Stephens: Hi, I'm Keyla. I am a licensed counselor with a DV agency in northeast Georgia.

Amanda Mattingly: Amanda from the YWCA of Central MA

Stephanie Evans: Hi everyone. I am Stephanie Evans, program director for Forbes House. We are a dv shelter in Northeast Ohio.

Robin Washington: Hi Everyone! My name is Robin. I work in the Victim Witness Assistance Unit for SAO and am co-builder for a ministry that is designed to assist domestic violence individuals.

Amy Harrell: Hello everyone from Mexico, MO

Sameha Martini: Sameha from Hampton Roads Community Action Program in Virginia

Mercedes Obregon: Hello, my name is Mercedes I'm the LGBTQ advocate for Women helping Women

Breckan Winters: Welcome, everyone!

jo Sharpen: Hi from the UK!

MARCIA MARSHALL: Hello Everyone from Italy

Breckan Winters: Welcome! If you have not already done so, please dial 1-877-594-8353, pass code: 527-89-148# for audio. You may also listen through your computer.

Breckan Winters: Since Adobe is overwhelmed with virtual meetings due to COVID we anticipate that there will be tech and audio issues for some people. We recommend attempting to use the "audio set-up wizard" to alleviate some of these. To navigate to the setup wizard. If you click on the "Meeting" tab in the very top left of the adobe screen the "Adobe setup wizard" option should appear in the dropdown menu.

JOE OSTRANDER: Hi everyone. Looking forward to this. Part 1 is sooooo good.

Morgan Dewey: Hi all! We'll be live tweeting highlights from today using #NRCDVlive. Use the hashtag and we'll retweet you! We'd love to hear your thoughts and reflections.

Breckan Winters: Be sure to submit your questions for the presenters here in the public chat – we will do our best to pose them during our time together.

Patti Bauerbach: Patti Bauerbach...Eve Incorporated

Breckan Winters: Welcome, everyone!

Jacqueline Miller: So glad to be here for Part III!

Angela Berger: Hi, I'm Angela a Peer Specialist

JOE OSTRANDER: HI Jacqueline!

Breckan Winters: Access Part 1 on VAWnet: <https://vawnet.org/material/webinar-keeping-your-cup-full-self-care-essential-trauma-informed-advocacy>

Jacqueline Miller: Heeeeeeyyyyyyy Joe!!!!

Breckan Winters: Be sure to continue to introduce yourself here in the chat, and share any questions for the presenter - we will do our best to pose them during our time together

Miriam Barnett: Miriam Barnett, YWCA Pierce County.

Marissa Holshue: Hi! My name is Marissa, community advocate from the YWCA Pierce County. :)

Melissa Wise: Hello everyone!! Melissa Wise - FCIC DV/SA Advocate Pleasants County & Tyler County WV

Breckan Winters: Welcome! We invite everyone to settle in, enjoy a cup of coffee or tea, and enjoy our time together this afternoon.

Megan Simmons: Hi all! Megan-Therapist with YWCA Pierce County

JaAra McCoy: Hi! Ja'Ara McCoy CSEC Advocate-Baltimore Child Abuse Center. Baltimore, MD

Sojourner Duxbury: Hello! Sojourner-Youth Advocate with YWCA Pierce County

Tony Korol-Evans: Tony, Statewide Trainer, Maryland Network Against Domestic Violence

Danno Mannino: Hi all, my name is Danno, they/them pronouns, legal advocate YWCA Pierce County. a lot of us are here! :)

Breckan Winters: What is your "why" for self-care? Share here

T D Pearson: Growth

JaAra McCoy: Needing to take care of me so I can take care of my clients.

Mercedes Obregon: Can be really overwhelming if you don't take care of yourself

Lisa Jenkins 3: Hello Everyone Cineura Dantzler from Kingdom Builders Family Life Center. I am a volunteer Advocate

Tony Korol-Evans: I will also use a quote. This is from Audre Lorde: "Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare."

Casey Keene: Grace

Emily Hollar: To really be present with my loved ones and help my clients as best as I can

Meredith Noha: New job, with twin 18-month olds and essential worker spouse and I am feeling a bit overwhelmed

Patricia Gindlesberger: Without self care there is no balance and balance is important

Stephanie Mobley: Yes I love that quote from Audre Lorde too

Amanda Mattingly: To learn more skills to support myself and my colleagues

JaAra McCoy: giving myself permission to take care of me

Miriam Barnett: At our YWCA, we have a Wellness Committee and they shared this opportunity with all our staff. It is so great to have a community of staff who focus on wellness for all our staff.

Tony Korol-Evans: I used to be a horrible warning; now I am a positive role model.

Breckan Winters: That's awesome, Miriam!

Lisa Jenkins 3: My why is to be able to help just 1 person than I know I'm making a difference!!

Ashley Shade: It's hard to give ourselves to others without giving to ourselves. We need to care for ourselves to be able to be our best selves to be able to help others.

Nayna Uppin: I just read this yesterday (an indirect quote from someone else - so I've not personally verified - but I love this: "Mothering myself has become a way of listening to my deepest needs, and of responding to them while I respond to my inner child." Melinda Burns

Jacqueline Miller: Resting in my own pace and level of liberation.

Breckan Winters: That's beautiful. Thank you for sharing that, Nayna!

ELSA VAZQUEZ 2: To make a difference at my Job

Stephanie Evans: Since the covid-19, things seem even more stressful. Need to know different things to share with staff.

Breckan Winters: Thank you for sharing, everyone! <3

Lisa Jenkins 3: The stress levels can fluctuate for so many reasons. You sometimes feel as if you can't help enough people

Breckan Winters: How does stress impact your life?

JaAra McCoy: anxiety

Heather Smith: Anxiety

Stephanie Evans: I feel as if I don't have enough time in the day, which makes me feel I'm racing to the next day.

Toni Teixeira: Not sleeping

Ivonne: It's difficult to concentrate.

Alexandra Vargo: lack of productivity

MARCIA MARSHALL: Not Sleeping

MARCIA MARSHALL: Anxious

Breckan Winters: Trouble sleeping for me too

Karla Struble: inability to act

Janice Monie: knots in my back and neck

Ana Cardona: Tension on the left side of my neck

Sojourner Duxbury: I hold a lot of stress in my neck and back. stress can manifest as physical pain.

Joana Morales: Feeling burn out

Marissa Holshue: Need more naps

Miriam Barnett: Decision fatigue. The constant changes around Covid that happen daily.

Tiffany Turner: Irritable. Overwhelmed.

Karen Helmandollar: I don't know how to separate my work and home life as a shelter manager

Patti Bauerbach 2: physically, headaches, stomach issues

ELSA VAZQUEZ 2: lack of sleep

Sojourner Duxbury: Excessive dreams about work

Casey Keene: Inability to focus

Jacqueline Miller: I think clearly.

Tony Korol-Evans: Physical pain.

Kyndall Hoff: lack of empathy

Hannah McLeod: headaches, irritability, tight muscles

Jacqueline Miller: I can't think clearly

Breckan Winters: these are all so real, thank you so much for sharing everyone

Jacqueline Miller: YES!!!

Lisa Jenkins 3: Constantly working and not slowing down

Jacqueline Miller: I also break out in hives

Karen Helmandollar: Not being able to remember important things

JOSEPH SIGALA 2: guilt from not appreciating what is good right now

Nayna Uppin: The quote I referenced by Melinda Burns I pulled from Simple Abundance/Sarah Ban Breathnach (quote about mothering ourselves)

Breckan Winters: Thank you Nayna!

Breckan Winters: What myths do you deal with around self-care?

Tony Korol-Evans: I used to tell myself that self-care was selfish.

Janice Monie: No time - life is going to fast

Ashley Shade: It's selfish. I don't have time. This (whatever it may be) is more important.

Megan Simmons: I'll do it later--and not actually doing it

Tiffany Turner: Too busy

Rowan: Self care is not productive

Amanda Mattingly: Just doing enough self care will prevent burnout/vicarious trauma

Madeline Wall: I'm just too tired. I can do that another time

Miriam Barnett: Work ethic

Patti Bauerbach 2: self care is selfish, you take time from the client when you think about you

Tess Bentley: I have to do it perfectly

Ana Cardona: Too much to do

Kaitlynn Dwyer: It's not as important as something else I need to get done

Deborah Wendland: I don't deserve it

Jacqueline Miller: Self-care is like being self centered or stuck on yourself.

Marissa Holshue: I don't have time.

Heather Smith: That if I take time for myself I might short change someone or something else

Emily Samuel: needs to be this amazing self care practice, when it may just be taking 5 mins or stretching

Patricia Gindlesberger: Work before pleasure

Drew Carrigan: what's the point, it won't be enough to address the underlying issues

T D Pearson: YES!!!

T D Pearson: Imposter Syndrome is still around

Sojourner Duxbury: The idea that I have to look good to feel good. Sometimes I feel best when I do not have to maintain my appearance

T D Pearson: It's crippling and absolutely stifling

Breckan Winters: thank you so much for sharing, everyone!

Emily Samuel: Yes Sojourner!

Ivonne: Yes!

Arlene: Yes!!! Love that...

Breckan Winters: "The only thing that it has to be is meaningful to me." I love that!

Lisa Jenkins 3: Yes your "Me" time

Patty Branco: "The only thing that it has to be is meaningful to me." Very powerful!!

Stephanie Mobley: self care as a practice for life

T D Pearson: Agreed

T D Pearson: Self-care can be healthy coping mechanisms and not just a massage

Breckan Winters: yes!

Lisa Jenkins 3: Right. It what makes you "FEEL & EXPERIENCE " of good

Jacqueline Miller: Yes, yes it is essential!!! It is MINE.

Breckan Winters: yes!!

T D Pearson: absolutely!

Amanda Burdette: Someone mentioned this to me once and I use it religiously: "self-care is an ethical responsibility we all have to ourselves, our clients, and each other."

Breckan Winters: "self-care is anything that builds your resilience" - not just anything that soothes you. Yes!

Deborah Wendland: "anything that soothes you" ...that also means saying 'no' and placing boundaries

Breckan Winters: absolutely, Deborah! boundaries are definitely self-care

Jacqueline Miller: Yes, my CULTURE means the WORLD to me and it helps me to build resilience in the most tumultuous times. :-)

Arlene: "...nourishing us from the earth up!!!" YES...

Breckan Winters: love that!

T D Pearson: That my work is never done

Jacqueline Miller: Yeeees, I GIVE MYSELF PERMISSION TO TRY ANYWAY!!!

Toni Teixeira: The flip side of not needing it, we can do everything is that we might consider ourselves weak because we need it

Breckan Winters: what barriers to self-care are you facing?

Madeline Wall: Lack of creativity and motivation. Never feeling completed - accomplished

Karen Helmandollar: Feeling guilty for taking time off

Janice Monie: too many roles - DV advocate, mother, daughter, grandmother, partner, aunt etc etc etc. No time for me

Tiffany Turner: Depression, Having space. My mother passed away I. December. I am the oldest I am emotionally drained.

Janice Monie: Sorry for your loss Tiffany

Ashley Shade: Struggling to separate work from personal life. Especially now that I am working half time from home.

Breckan Winters: I'm so sorry for your loss, Tiffany. Sending virtual hugs <3

Tiffany Turner: Thank you!

Tony Korol-Evans: She is my self-care role model too.

Breckan Winters: I love those Audre quotes!

Karen Helmandollar: My oldest son who is getting his masters in counseling reminds me constantly to care for myself

Tiffany Turner: Can you please post information on this book?

Breckan Winters: This is A Burst of Light on amazon <https://www.amazon.com/Burst-Light-Other-Essays/dp/0486818993>

Breckan Winters: here is Sister Outsider <https://www.amazon.com/Sister-Outsider-Speeches-Crossing-Feminist/dp/1580911862>

Patti Bauerbach 2: My work family (supervisors included) keep self care at the top of our to do list. If they see one of us not taking care of ourselves they will send you home regardless of time of day.

Breckan Winters: that's great, Patti. It's so important for us to support each other in that way

Arlene: Thanks Breckan!

Breckan Winters: Who are your self-care role models?

Julia Hamann: Brene brown

T D Pearson: yep

Madeline Wall: YES. Love Brene Brown

Hamin Kim: I love Brene Brown!

Sojourner Duxbury: Wanda Coleman!

Cynthia Zaragoza: love Brene Brown!

Madeline Wall: Netflix - A Call to Courage Brene Brown

Julia Hamann: Krista Tippet

Janice Monie: My supervisor Catherine

Miriam Barnett: We have wellness buddies at work and my wellness buddy and I make sure we identify for each other when we are burning out. Then we go to our calendars and find even just a few hours to take off as PTO.

Breckan Winters: I have amazing coworkers who are my self-care warriors and role models!

JOSEPH SIGALA 2: Maya Angelou, Brene Brown, thich nhat hanh

Casey Keene: Yes, Breckan! Ivonne Ortiz is mine! <3

Breckan Winters: Yes, Casey! Same!

Patty Branco: I was thinking of Ivonne as well! <3

Kathy Moore: There are a number of podcasts featuring Steven Porges -- and an entire podcast dedicated to this (entitled the Polyvagal Podcast)

Ivonne: Miriam we have the Wellness Warriors at the NRCDV, I'm so happy your organization sees self-care as an integral part of our work.

Megan Simmons: here is a link to a great other window of tolerance image

:) <https://www.nicabm.com/trauma-how-to-help-your-clients-understand-their-window-of-tolerance/>

Breckan Winters: thanks so much, Megan!

Ivonne: <3

Megan Simmons: and this one too--<https://www.attachment-and-trauma-treatment-centre-for-healing.com/blogs/understanding-and-working-with-the-window-of-tolerance>

Breckan Winters: thank you!!

Jacqueline Miller: NRCDV STAFF: Arlene, Ivonne, Casey and Joe are my self-care models

Breckan Winters: love it, Jacqueline! they are great models <3

Jacqueline Miller: <3 yes, yes!!!

Ivonne: Thanks Jacqueline, we must support each other.

Elaine Harris: What is the trauma book title again?

Emily Samuel: what are the book recommendations related to this theory?

Jacqueline Miller: Yes, we must!

Emily Samuel: thanks

Nayna Uppin: a book list would be great!

Breckan Winters: we'll include a book list in the follow up email!

Jacqueline Miller: I can't wait to make a tool box from this presentation

Kathy Moore: Also check out Deb Dana, another polyvagal leader (www.RHYTHMOFREGULATION.COM)

Arlene: Me too Jacqueline!

Breckan Winters: thanks, Kathy!!

Nayna Uppin: great! will a transcript be available?

Julia Hamann: will slides also be available?

Breckan Winters: yes! a transcript, slides, and other related materials will be available on VAWnet

Breckan Winters: We will add them here after the webinar: <https://vawnet.org/material/webinar-keeping-your-cup-full-essential-trauma-informed-advocacy-part-ii>

Jacqueline Miller: Thanks Kathy for the resource!

Nayna Uppin: Great! Thank you!

Jacqueline Miller: Yeeees Arlene, I love this!

Nayna Uppin: Jay Shetty has been doing meditations throughout the pandemic online. He teaches and encourages meditation for new and seasoned meditating

Stephanie Evans: Yoga helped me to learn how to meditate and quiet my mind

Breckan Winters: awesome, thanks for sharing Nayna!

Jacqueline Miller: I have been listening to African drumming videos and they have given me so much life!

Arlene: Jacqueline that sounds awesome!!!!

Ana Cardona: Starting to run again, once a week.

Madeline Wall: Bake a pecan pie from scratch

Tony Korol-Evans: Walking on the beach at my sister's where nobody goes.

Rebecca Smith: Bring the dogs to the reservoir

JOE OSTRANDER: Prepping for a cross country trip. I love to plan for vacation...almost as much as I love the vacation

Lisa Jenkins 3: take up meditation!

Sameha Martini: a puzzle

Sojourner Duxbury: Camping

Ashley Shade: Starting to work out again.

Kaitlynn Dwyer: Go on a long bike ride

Miranda Futrell: Painting

Breckan Winters: I am participating in a virtual yoga event with my bff!

Nayna Uppin: spend time writing

JOSEPH SIGALA 2: hikes with my dog

Deborah Wendland: Driving on a long trip. Driving relaxes me

T D Pearson: Hug someone, anyone

Phoebe Jones 2: Roller skating in the late afternoons

Megan Simmons: finding out what all the birds are in front of my house :)

Kyndall Hoff: morning walk before work

Tiffany Turner: Writing

Alevis Ellis: Have a glass of wine with friends on zoom

Latoria Neal: Work out and walk more

Jodi Nuthals-Mikulsky: plant my garden

Janice Monie: Hug my granddaughter after 3 long months of social distancing

[Breckan Winters](#): Janice, I love that! <3

Janice Monie: thanks - it's been hard to social distance