

Keeping your Cup Full is Essential to Trauma Informed Advocacy Part II #Care4Advocates



Vanessa Timmons
OCADSV



Thursday, May 14, 2020
3pm Eastern, 2pm Central, 12pm Pacific

 **National Resource Center**
on Domestic Violence



National Resource Center on Domestic Violence

The National Resource Center on Domestic Violence (www.nrcdv.org) provides a wide range of free, comprehensive, and individualized technical assistance, training, and specialized resource materials.

Mission: To strengthen and transform efforts to end domestic violence.

NRC DV STANDS

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NRC DV STANDS.

WE STAND with individuals and groups who have been targeted, degraded, threatened, or marginalized because they are Native Americans, people of color, immigrants, women, Muslims, LGBTQ, or people with disabilities.

WE STAND against white supremacy, racism, misogyny, anti-Semitism, homophobia, transphobia, xenophobia, and all other forms of structural oppression.

WE STAND with survivors of domestic and sexual violence, especially those most vulnerable and with limited access to services and protection.

WE STAND together in celebration of the rich diversity of people in this country and the vitality and strength they bring to our communities and society.

WE STAND with those who embrace self care and community connection as necessary and powerful for social change.

WE STAND with other activists and organizations who continue to work passionately for gender, racial, economic, and social justice for ALL.



National Resource Center
on Domestic Violence

November 11, 2016



Keeping Your Cup Full

Essential practices for trauma informed advocacy (Part 2)

Vanessa Timmons
OCADSV



Objectives

- Discuss workplace stress.
- Discuss barriers and myths that inhibit our self-care practices.
- Explore individual and collective self-care practices.
- Resources & Handouts

Why VT: In our own words

“We are dying, we are social activist on the front lines transforming the world with a backpack full of fear, guilt, shame, loneliness, resentment and anger that is killing us.”

Dayanara Marte



What is your why?

Defining workplace stress?

- Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker.

How does stress impact your life?



Impacts of workplace stress

- Frequent headaches, jaw clenching or pain
- Neck ache, back pain, muscle spasms
- Frequent blushing, sweating
- Rashes, itching, hives, "goose bumps"
- Difficulty breathing, frequent sighing
- Increased or decreased appetite
- Insomnia, nightmares, disturbing dreams
- Difficulty in making decisions
- Feeling overloaded or overwhelmed
- Excessive defensiveness or suspiciousness
- Problems in communication, sharing
- Social withdrawal and isolation
- Constant tiredness, weakness, fatigue
- Weight gain or loss without diet
- Increased smoking, alcohol or drug use
- Excessive gambling or impulse buying

Discuss myths and barriers



Common myths that prevent self-care

- Myth: Self-care is all or nothing.
- Myth: Self-care requires resources that you don't have.
- Myth: Self-care is optional.
- Myth: Practicing self-care means making a choice between yourself and others.
- Myth: Self-care is anything that soothes you.
- Myth: We have to earn the right to practice self-care.

Discuss barriers to self and community care

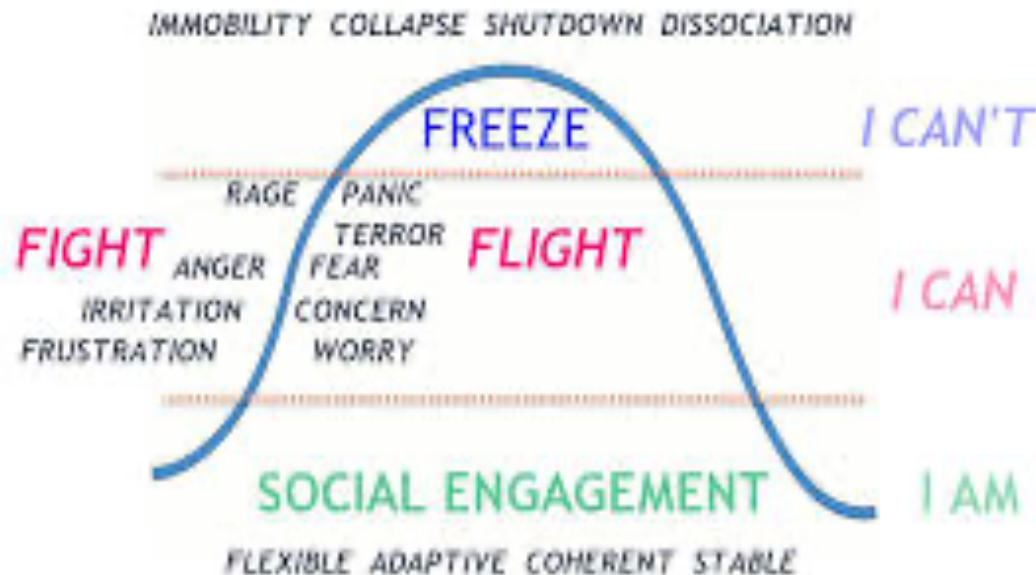
- Inability to embrace complexity
- Diminished capacity
- Hyper vigilance
- A sense that one can never do enough
- Felling Helpless and hopeless
- Grandiosity, one's identity becomes solely about work
- Addictions/dysfunctional or destructive habits

More than half full!



- “Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” — *A Burst of Light: Essays*
- “You have to learn to love yourself before you can love me or accept my loving.” — “Eye to Eye: Black Women, Hatred, and Anger,” *Sister Outsider*

Polyvagal Theory: build a container to support resiliency



Your toolkit



Core Strategies for Healing Trauma

- ◉ Breath and meditation
- ◉ Movement
- ◉ Pleasant activities
- ◉ Diet, hydration, and gut health
- ◉ Concern vs control
- ◉ Connection and community
- ◉ Organizational strategies

Breath & Meditation: Belly Breathing

- ◉ Herbert Benson's Relaxation Response
- ◉ Put arms behind chair for three minutes
- ◉ Lungs increase by 10 times capacity
- ◉ Stomach extends itself releasing 90 percent of bodies stored serotonin
- ◉ Stomach presses on Vagus nerve

Pleasant Activities

- ◉ Identify simple, realistic and achievable
- ◉ pleasant activity to implement
- ◉ Select date and time to do activity
- ◉ Have backup time to set the pleasant activity if it does not get completed

Source: Control Your Depression by Lewinsohn

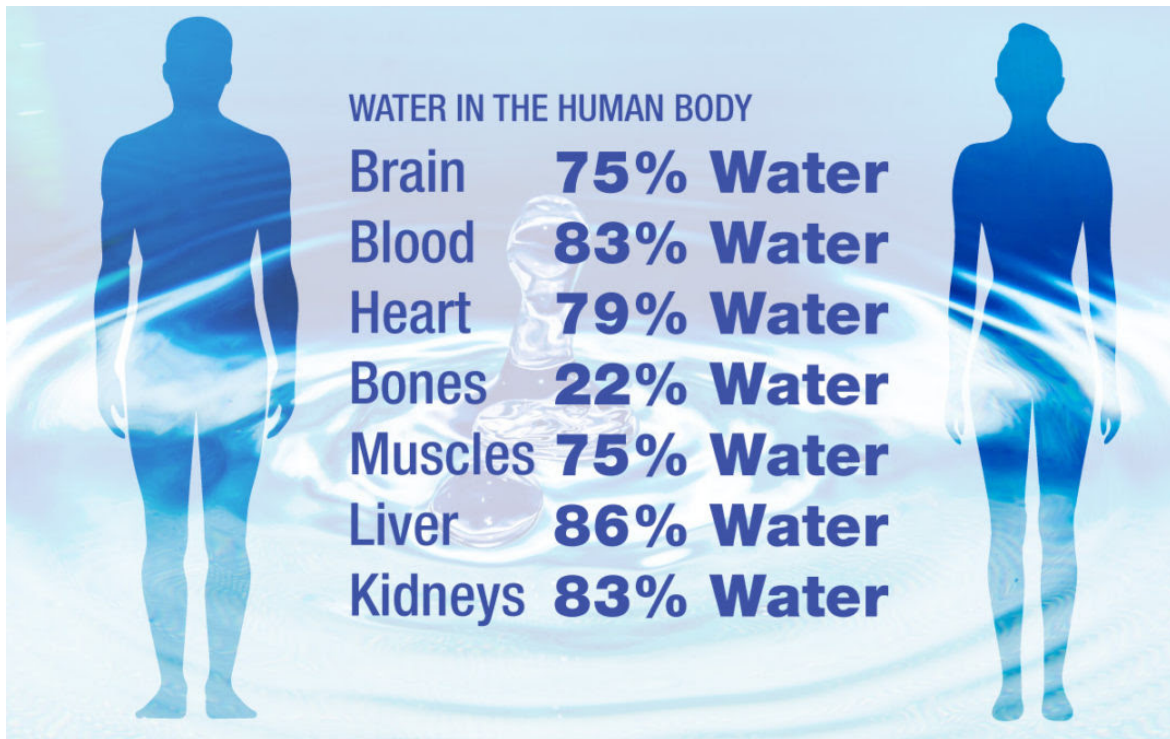
Diet, hydration, and gut health

- ◉ Identify eating patterns and strategies
- ◉ Identify under eating patterns
- ◉ Identify overeating patterns
- ◉ Review use of drugs and alcohol
- ◉ Determine patterns
- ◉ Set: simple, realistic and achievable goals

Belly Brain: *enteric nervous system* (ENS).

- Although serotonin is well known as a brain neurotransmitter, it is estimated that **90 percent** of the body's serotonin is made in the digestive tract. In fact, altered levels of this peripheral serotonin have been linked to diseases such as irritable bowel syndrome, cardiovascular disease, and osteoporosis.

Water: self-care superpower



Movement

- ◉ Identify exercise: type and amount
- ◉ Set start date/start time
- ◉ Goals:
 - ◉ Simple
 - ◉ Realistic
 - ◉ Achievable

Community and Connection

- Community Is vital
- Research tells us that for 99% of human existence we lived in small tribes. We were constantly surrounded by family and friends.
- Connection & engagement are key

“We humans are always seeking the warmest attachments we can imagine”

—Bonnie Badenoch, *The Heart of Trauma: Healing the Embodied Brain in the Context of Relationships*

Concern vs Control

Circle of Concern vs. Circle of Control

How Reactive People Act

Large Circle of Concern and a small Circle of Control. A lot of time and energy is wasted reacting to issues that they can't control.



How Proactive People Act


Small Circle of Concern and a large Circle of Control. A lot of time and energy is focused on issues that are within their control.



Organizational Strategies

- Regular and ongoing meetings with trauma-Informed supervisors, co-workers, volunteers and board of directors
- Policies and practices that support self-care
- Clear agency mission, values statements and practices to address micro aggressions and staff conflicts
- Scheduled Retreats
- Normalize engagement, discussion and connection
- Job Duties that are not trauma related
- Tools and resources
 - EAP
 - Private Counseling
 - Self-care cohorts and planning committees

Practice not perfection



The best strategy is a balance
between having a deliberate
one, and a flexible, or
emergent strategy.

~ Clayton Christensen

Create your plan

- ◉ Be specific
- ◉ Consider your strengths and challenges
- ◉ Consider your capacity
- ◉ Consider your community supports
- ◉ Review & revise as needed
- ◉ Be gentle, curious, and consistent

Resources :still needs to be updated

- Move to End Violence: 21 day Self-care challenge
<http://www.movetoendviolence.org/resources/21-day-challenge-self-care-for-sustainability-impact/>
- Move to End Violence: Finding your purpose: Tools for Transformational Leadership
<http://www.movetoendviolence.org/resources/finding-purpose-tool-transformational-leadership-development/>
- UCLA Mindful Awareness Resource Center:
<http://marc.ucla.edu/body.cfm?id=22>
- Living Well Website, Dr. David Lisak video on Neurobiology of Trauma:
<https://www.livingwell.org.au/professionals/confronting-vicarious-trauma/>



Oregon Coalition
Against Domestic & Sexual Violence

Patience

Katja Biesanz

April, 2020

Patience takes another breath
Patience knows where her feet are
Patience sorts white buttons and practices
calligraphy with a brush
Patience soaks the grain overnight
for breakfast
Patience gives her hair
the full hundred strokes
Patience explains from the beginning
again
Patience doesn't hurry anyone
even with a sigh
Patience waits like a cat
at a mouse hole
Patience waits
for asparagus sprouts
When Patience comes home at night
she takes a slow bath with candles
and sets her heart by the back door
illuminating the garden
all night long

Thank you for all you do to take
care of yourself and others.





National Resource Center on Domestic Violence

April 8 at 8:01 AM · 🌐



Advocates working in local domestic violence programs and shelters are essential workers. [#Care4Advocates](#) is so important right now and always. [#VAWnet](#), a project of NRCDDV, has resources for you. ❤️



VAWNET.ORG

#Care4Advocates: COVID-19 Resources to Support Advocates' Well-being

Advocacy during COVID-19 is difficult. NRCDDV has compiled resources in response to the identified need for advocates to feel supported...



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National Resource Center on Domestic Violence

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