

Dealing with Loss and Uncertainty: Self-compassion, Resilience, and Narrative: Webinar I of the Self-Care & Healing During COVID-19 Webinar Series



NRCDV Admin: Hello Everyone, welcome to the webinar and thanks so much for joining early. We won't connect audio till closer to three so that presenters can chat and get ready, but we can introduce ourselves here in the chat and get the convo started!

NRCDV Admin: My name is Justine Robillard, I am joining from Harrisburg PA and will be acting as NRCDV's tech support on today's webinar.

Ivonne: Hello everyone! This is Ivonne Ortiz Training Institute Manager for the NRCDV. Welcome to our webinar, we will be starting in 20 minutes.

Ivonne: Please feel free to introduce yourselves. I'm joining from Saint Augustine, FL

Breckan Winters: Hi everyone, welcome to today's webinar! I'm Breckan from NRCDV, I will be moderating the chat box today.

Lindsay Smith: Hello everyone, my name is Lindsay and I work at SAFE Homes-Rape Crisis Coalition in Spartanburg, SC

Breckan Winters: Welcome, Lindsay! It's great to be here with everyone this afternoon.

Bernard Jacob: Hi everyone,

Bernard Jacob: I am Bernard from Surrey, BC Canada

Veronica Jones-Welch: Greetings from Valley Crisis Center in Merced Ca

Breckan Winters: Welcome, everyone! The webinar will start at 3pm EST. 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#.

Breckan Winters: In the meantime, feel free to continue with introductions here in the chat!

Enola Dick: Hello from Pendleton Oregon

Vanessa Benavides: Hello from Texas

Dawn O'Bryan: Hello Everyone from United States Virgin Islands

Charlene Boice: Hello from Lake City, FL

Breckan Winters: Welcome, everyone!

Lorena Crank: Hi. From NM

Michelle Andersen: Hello from Iowa/Nebraska (working from home today)

Nancy Abdelhaq: Hello everyone

Marisol Garcia: Hello from Dade City, FL

Roberta Wyatt: Hello from Marshall, MN, out on the prairie. Roberta from New Horizons Crisis Center

Elynn Greene: Hello from Las Vegas.

J. Renee Glaze: Hello from Phoenix, AZ.

Stevi Gray: Hello from Fort Morgan, Colorado!

Connie Rogers: Hi I am from Wisconsin

Jan Rhodes: Hello from Port Huron Michigan

Tonya Mull: Hello from South Carolina!

Ranya Ghadban: Good morning from Hawaii :). Looking forward to today's session!

Nancy Abdelhaq: Hello from Buffalo New York

Cymone Williams: hello from Denver, Colorado!

Shannon Harris: Hello from Mesquite, NV

Michelle Andersen: Michelle Andersen from Winnebago Ne, Domestic Violence Program

Christina Marty: hello from St. Louis, Missouri

Lynette Killsback: Hello from Porcupine, SD

Sharon King 2: Sharon King RI

Nicolle Perras: Hello from Los Angeles, CA

Beatrice Bartram: Hello! from Columbus, Ohio

Antoinette Goodlow: Hi from Lower Brule, SD

Tawoma Martinez: Hello from Maine

Julie Reinhart: Hi from Rock County Wisconsin and Sexual Assault Recovery Program.

Lori Rose-Henry: Lori Rose-Henry, Case Advocate; YWCA of Greater Lafayette Indiana Domestic Violence Intervention & Prevention Program

Jane Parker: Hello from Scottsdale, AZ

Breckan Winters: Hello, everyone! We're so glad to be able to spend this afternoon with you!

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.

Crystal B: Hello :) Crystal, the DV Housing Coordinator at The Wisconsin Rapids Family Center.

Arlene Vassell (she/her/hers): Hello everyone! We're so glad to spend time with you this afternoon! I'm Arlene Vassell from NRC DV and joining from Silver Spring, MD!

Breckan Winters: The presentation will begin shortly, but in the meantime you can keep introducing yourself here in the chat.

Allison Barton: Good Afternoon from San Diego, CA

Shannon Hoshnic: Shannon Hoshnic

Lisa Jordan: Hello all, I am Lisa from Superior, WI

Jan Bouriche: Hello from Hubbard House in sunny Jacksonville, Florida

LaShon Smith: Hello LaShon Smith from York, PA

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.

Priscilla Christmas: Priscilla Christmas

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Breckan Winters: Be sure to join us for all 3 webinars in this series! Learn more about parts 2 and 3 here: <https://www.nrcdv.org/trainings>

Angie Kolehmainen: Hello from L'Anse Michigan

Amy Jenkins: Ciao from Sigonella, Italy!

Breckan Winters: Hello! :)

Tammy Flower: hi all

Barb Goodrich: Hello from Central Minnesota :)

Mary Winnington: Hi everyone, from South Carolina

Casey Keene: So excited to join you all from Harrisburg, PA!

Morgan Dewey: Morgan Dewey here from NRCDV. We'd love to share your thoughts and feelings about today's webinar! Post/tweet using #NRCDVlive and we'll repost! Looking forward to engaging and learning with y'all!

Megan Rogers: My name is Megan Rogers from Pittsburg Kansas. I am a Victim Advocate.

Cindi Westendorf: Hello from Central Jersey

Lynda Crowley: Lynda Crowley from La Crosse, Wisconsin

Jacqueline Miller: Hello Everyone! I am excited about the webinar!

Breckan Winters: Throughout the webinar, feel free to submit your questions for the presenters here in the public chat – we will do our best to pose them during our time together.

Jeanette John-Baptiste: Hello from beautiful, hazy St Thomas, US Virgin Islands

Hyeyoon Chung: Hyeyoon Chung, KAN-WIN, Chicago, Illinois.

Katrenia Meeks: Hello, All.

Breckan Winters: Hi Jacqueline!!

CARLA SHARP: Carla Sharp, Community Advocate Options, Colby, KS

Deb Mathes: Hello from Wisconsin! :)

Kara Mishmash: Kara Mishmash and Shyanne Baxter-Safehouse Pittsburg KS

Jacqueline Miller: Hi Breckan!!!!!! :-)

EUNSOOK SUL: Ruby from Salasin Project at Greenfield, ma

Bekki Craig: Bekki Craig Western Massachusetts

Hannah Smith: Hello from the Scott County Family Justice Center in Huntsville, TN!

Paula Callen: Greeting's Paula from Detroit WSU Center for Urban Studies

Alejandra Barajas: Hello from San Jose, California :)

Karen Abrams: Karen Abrams, ED of Survivors Rising in Omaha, NE

Jasmine Taylor: Jasmine Taylor Program Coordinator: Tougaloo College

Jasmine Taylor: Hello from Jackson, MS

Breckan Winters: Welcome, all! We're so excited to spend this time with everyone this afternoon!

Jacqueline Miller: Hi Ghia!!!!!!

Vinnie Shank: Hello from Vinnie Shank-LaGrange Ga.

Jacqueline Miller: I LOVE NRCDV staff!!!!!!

Breckan Winters: NRCDV loves you too, Jacqueline!! <3

Ivonne: We love you!

Amanda Martinez: new jersey

Audrey Bergin: Joining from Baltimore, MD

Jacqueline Miller: Hi Ivonne!!!!

Roberta Thomas: Hello everyone, this is Roberta Thomas from Staten Island NY. I'm an RN BSN working with Open Arms Center of Hope a domestic violence outreach program in Mt Sinai United Christian Church.

EVA RUIZ: Eva Ruiz: Modesto, CA

Cindi Westendorf: I am an Art Therapist and victim advocate from NJ

Ronele Myers: Ronele Myers, HelpLine from North Central Ohio

Rea LaRock 2: Rea LaRock from Alaska :) hello everyone!

Colleen Phelan: Hello from Tucson, Arizona!

Naomi Taffet: Hi from Naomi in Baltimore, Maryland =)

Malini Peck: Ciao from Naples, Italy

Tammy Debacher 2: Hi, my name is Tammy and I am a family advocate with the YWCA in Fort Wayne, IN.

TerriLynn Carper: Hello!! I am from Pulaski, VA (Southwestern Virginia)

Deidre Atkins: Joining from Marietta, GA.

Lindsay Smith 2: Lindsay Smith, SAFE Homes-Rape Crisis Coalition, Spartanburg, SC

Denise Haugen 2: Dept. of Corrections Victim Liaison, Lansing, KS

Sonia Acosta: Hi from Pontiac, Michigan

Sia Gutekunst: Good Afternoon! Joining from Harrisburg, PA

Lori Garcia-McCammon: Lori from Hendersonville, NC

Debbie Buckman: Joining from Weatherford Texas

Tammy Flower: I am a clinician whom works for the YWCA in PA as a prevention education and outreach team leader.

Laurie LaCross: Crime Victim Advocate, Leelanau County Prosecutors Office, Leelanau County MI

Ivonne: Welcome to our webinar, what a beautiful group is joining us today!

Jacqueline Miller: Hi Arlene!!!!

Nicole Cardoso: Hello, Nicole Cardoso DVA. Willingboro, Nj

Arlene Vassell (she/her/hers): Hi Jacqueline!!!

Lori Garcia-McCammon: True Ridge and we work with Latinx survivors of DV, Sexual assault and victims of crime.

Breckan Winters: Welcome, everyone! Throughout the webinar, 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.

Heather Hanline: Heather Hanline, Western Maryland

Jennifer McCutchen: Hi! I'm Jennifer McCutchen, Exec Director of CASA of Troup County, Georgia

Carlyle Outten 2: Carlyle Outten America Works

Tawoma Martinez: I'm an Advocate/Community Educator for the Maliseet Domestic and Sexual Violence Center in Northern Maine

Cierra Hart: Hello, everyone! Cierra Hart- Housing Coordinator at the New Jersey Coalition to End Domestic Violence (NJCEDV)

Jennifer Baltes: Hi I'm Jenny Baltes, an IPV/SA advocate with RISE in San Luis Obispo, CA. So grateful to be here today and looking forward to this webinar with you all today.

Nick Ross: Nick Ross, LGBTQ Anti-Violence Advocate, Diverse & Resilient, Appleton, WI

Terry Negro 2: Good Afternoon, Terry Negro from CFS/SERV Gloucester County, NJ

Lisa Arp: Hi, Lisa Arp. DASAS McCook, NE

Breckan Winters: Feel free to share your experiences of loss here in the chat.

Cindi Westendorf: hugging and loving on family and friends

Janet Lee: Hello I am the clinical supervisor at 180 Turning Lives Around in Monmouth County NJ. I lost a good friend to Covid-19.

Lisa Jordan: Moments of freedom

Arlene Vassell (she/her/hers): Loved ones to COVID-19

Rebecca Schmidt: Loss of trips to see family and friends - my planned in self-care trips for work

Stevi Gray: Not seeing my family since the end of 2019.

Paula Callen: Loss of feeling safe

Stevi Gray: Loss of time with friends

Paula Harvot: loss time with husband when he was hospitalized and I couldn't be with him

Arlene Vassell (she/her/hers): Time with family

Denise Haugen 2: loss of coworkers & offenders housed in our facility due to Covid

Michelle Andersen: so sorry Paula

Arlene Vassell (she/her/hers): In-person time with co-worker

Jacqueline Miller: Yes, yes - I loss 20 people within my family and friends circle

Lisa Jordan: taking a much different look at my white privilege

Nikie Hicks: Loss of connection

Wanda Friday: Wanda Friday, OVC DV Transitional House Coordinator

CARLA SHARP: Parents in lockdown at nursing home, cannot hug them

Breckan Winters: Thank you so much for sharing, everyone.

Dawn O'Bryan: Mental wellness is impacted

Evan Rathjen: Rest in peace and power all those lost to COVID-19. I feel for everyone in this chat that has lost someone during these last few months.

Breckan Winters: "Hope is what keeps me going" - yes, thank you Ghia!

Ivonne: We need hope, thanks Ghia!

Janet Lee: Thank you Evan.

Jacqueline Miller: Yes, this is my time of reflection!

Michelle Andersen: seeing my Nurse friends just devastated

Lisa Jordan: That is beautiful. Moments of hope is something to leave us with. Thank you.

Shelah Harper: Hope

Roberta Wyatt: My usual coping skills no longer served me...I HAD TO become reflective! Yes!

Arlene Vassell (she/her/hers): Yes, Roberta! Me too

Mel Shears-Rice: Hi everyone, I am Mel Rice from Family Crisis Center, in Mineral County, WV, DV Legal Advocate! Thank you for having me!

Breckan Winters: How have you had to reprioritize?

Jeanette John-Baptiste: Time

Rebecca Schmidt: Me as well Arlene and Roberta - very challenging at this time!

Tammy Debacher 2: Yes, very challenging.

Cymone Williams 2: Resources

Wanda Friday: Forgot to say, I am tuning in from Kake, Alaska - Wanda

Casey Keene: I've had to reprioritize needs - my own and those I care about

Breckan Winters: Prioritizing spaciousness and grace toward myself, coworkers, friends, family

Brittany Eltringham: I was forced to see how much of my previous coping was or has been rooted in distracting and distraction.

Dawn O'Bryan: Many of us in the USVI have not recovered from the 2017 Hurricanes Maria and Irma

Paula Callen: working from home has really ushered different priorities but also a recognition of the things taken for granted

Roberta Wyatt: I realized I used travel as a coping mechanism...not doable now. Some friendships went by the wayside. Sad but necessary as this veil is lifted. I am not a person who cries.... but now, I am. Everything is heightened.

Antoinette Goodlow: Yes exactly

Breckan Winters: Yes. Thank you for sharing, everyone.

Tammy Debacher 2: Yes, it was very overwhelming with covid at first.

Lindsay Smith 2: We are going thru a lot of organizational changes in the midst of this pandemic and trying to figure out how to best serve our clients while attempting to work from home... There is a lot of grief happening right now

Paula Callen: I appreciate my life in a different but meaningful way that has really helped get me through

Jeanette John-Baptiste: I'm grieving I don't know what

Dawn O'Bryan: Loss of a loved one can be overwhelming

Jacqueline Miller: I am grateful for resilience and refiguring things out which is the story of my life!

Shelah Harper: Fear of the Unknown

Tammy Debacher 2: I am grieving due to all of the racial inequality around us.

Paula Harvot: Can't always clearly identify what I am grieving but feeling weighted, heavy

Tammy Debacher 2: and police brutality

Jennifer McCutchen: Wow! My husband passed away suddenly in January, then COVID ... I just read the types and realized I am experiencing each one of the types of loss all at once.

Rea LaRock 2: fear my children will face more traumatic social interactions than i have

Jacqueline Miller: I don't feel safe either - Ghia.

Breckan Winters: Yes to all of this. Thank you for sharing, everyone

Paula Callen: Yes thank you Ghia!

Arlene Vassell (she/her/hers): Yes, Ghia!!!

Tammy Debacher 2: I agree Ghia!

Dawn O'Bryan: Grief and feeling stuck and will impact motivation and movement

Madhu Mehta 2: Hi, I am Madhu Mehta from AWAAZ in San Antonio

Jeanette John-Baptiste: I'm not sure that my grief will ever end.

Jacqueline Miller: Yes, it is HUGE!!!!

Casey Keene: Permission to grieve - that's so powerful

Lisa Jordan: I agree fully. Grieving and allowing yourself to feel these things fully and then let them go on your own time.

Dawn O'Bryan: Thank you Ghia!!!

Lindsay Smith 2: Praise that there is an end to the grief... there is just so much that I grieve I can't even put it all into words... and until today didn't even realize it was grief

Lindsay Smith 2: Thank you Ghia!

Veronica Jones-Welch 2: yes

Jacqueline Miller: Yes, my body, soul and spirit has language.

[Arlene Vassell \(she/her/hers\)](#): Yes!!!! Body, heart and soul has language!!!

[Breckan Winters](#): Thank you so much for this, Ghia! Yes!

[Breckan Winters](#): Feel free to share any questions for Ghia here in the chat!

Rebecca Schmidt: I have chills listening to you saying those commonly said phrases of denial of white people of the killings of black lives

Veronica Jones-Welch: right

Roberta Wyatt: Oh my.... you are articulating what is happening!!!! This is why I feel like I hit a brick wall....

Megan Rogers: You are amazing!

Rea LaRock 2: Yes!

[Arlene Vassell \(she/her/hers\)](#): I hear and feel your heart!!!

Lynette Killsback: Preach Ghia!!!

Monique Akanbi 2: This good Ghia!

Katrenia Meeks: This is true! I feel that. I can't believe that we are in this place in 2020.

Roberta Wyatt: Swinging into anger easily.... yes...

Veronica Jones-Welch: that's important to understand that we do have a right to be angry

Dawn O'Bryan: Angry because we don't know what the future holds.

Lynette Killsback: Can one go from Denial straight to Depression without experiencing Anger or Bargaining?

Sharon King 2: it's ok to not be ok

Dawn O'Bryan: Good question Lynette

[Breckan Winters](#): Lynette, we'll share your question with Ghia!

Sarah Watson: Angry because of not knowing who to trust or turn to for our children and the safety of their future from schools, social media, etc. To use my experiences to educate and instill hope, but not knowing, who is truth and kindness.

Rebecca Schmidt: I've definitely been stuck in the stage of depression/sadness

Rea LaRock 2: Lynette - same.

Casey Keene: @Lynette - it's common to move between these stages - in and out of them - and not in a linear way

Casey Keene: 

[Arlene Vassell \(she/her/hers\)](#): Yes, Ghia!!!! that's good.

Monique Akanbi 2: That's good

Breckan Winters: Yes. <3

Antoinette Goodlow: I've been dealing with a lot of anxiety

Gwendolyn Lockett: Yes!

Lisa Jordan: My story that I tell myself as that this is an awakening, an awakening of consciousness and humanity.

Dara Smith: Yes, it's so important to be authentic ...

Dawn O'Bryan: Feeling of being stuck!

Gwendolyn Lockett: Thank You!

Monique Akanbi 2: That's good...I have a choice in the story I tell myself.

Jacqueline Miller: My story is that I have entered a new awakening!!!

Roberta Wyatt: I choose my own script, but I have to remind myself of this constantly

CARLA SHARP: God has this and I have to keep my focus on Jesus


Jessica Trauth: Ghia, your message is so necessary. Thank you for sharing!!!

Jeanette John-Baptiste: My story fluctuates between hope and anxiety. Sometimes hope wins but the darkness of anxiety runs really closely

Dara Smith: That's a great comment Ms. Jacqueline Miller

Lisa Jordan: I choose to believe that this is going to be better, much better!

Breckan Winters: "This is a really bad time, but things are going to get better" yes!

Casey Keene: LOVE the narrative of hope! 

Emma Callahan: Amen!

Angie Kolehmainen: Amen!

Dawn O'Bryan: It's a feeling of not being in control

Doris Wright: I tell myself and others the story of hope!

Jacqueline Miller: Check YOUR personal narrative!!! I AM checking mine.

Dawn O'Bryan: Thank YOU Ms. Ghia for your voice!!

Jacqueline Miller: @Dara Smith I am doing the work as I am hearing Ghia. And, I'm feeling it. Awesome...

Arlene Vassell (she/her/hers): Yes!!!! Thank you for this Ghia...

Breckan Winters: Amen!

Julie Donaldson: Can you repeat that? The way that we feel and behave is...?

Dara Smith: Faith Over Fear

Carolina: The way that we feel and behave is directly affected by what we tell ourselves

Dawn O'Bryan: Faith!

CARLA SHARP: Amen Dara Smith

Arlene Vassell (she/her/hers): Get up and dress according to our narrative!!

Belinda Hopkins: Faith of Fear is Powerful!

Lindsay Smith 2: AMEN!!!

Belinda Hopkins: Sorry! Faith "Over" Fear is Powerful!!! Amen!!!

Jeanette John-Baptiste: I agree!!!!!!!!!!!!

Dawn O'Bryan: The Devil is also a liar.

Carolina: F.E.A.R: False Information Appearing Real

Breckan Winters: I love that, Carolina!

Taylor Jacklin: Gary Busey said that

Dara Smith: Fear is bondage...it prevents one from walking in their authority and purpose...

Breckan Winters: "In order to conquer fear, you must identify and uproot the lie that you believed"

Julie Donaldson: This is the stuff I like!

Dara Smith: That is so true Breckan Winters

Lori Garcia-McCammon: Thank you for these wonderful tools/strategies.

Denise Haugen 2: I'm feeling empowered just listening!

Breckan Winters: Thank you for this wisdom, Ghia!

Norma Mendoza 2: wonderful tools!! Thanks so much

Dara Smith: Yes, I agree Ms. Haugen this is empowering

Dawn O'Bryan: grateful for today's webinar and YOU

Jeanette John-Baptiste: Thank you Ghia!!

Laura Sahlberg: This was a whole message! Thank you!

Terrilynn Carper: EVERYONE knows when you are in the bathroom! I can't hide there. LOL

Dara Smith: Are you going to do a Part II? This is great!

Casey Keene: thank you, Ghia, for encouraging us to pat ourselves on the back. you're SO RIGHT. we're doing so much, and need to appreciate ourselves

Shelah Harper: This excellent webinar Please

Stevi Gray: Thank you, Ghia. This was really helpful and I really needed to hear this <3

Dawn O'Bryan: Your words are inspirational!

Breckan Winters: Yes, this is a 3-part series! Learn about parts 2 and 3 here: <https://www.nrcdv.org/trainings>

Raquel Toledo 2: Awesome presentation!! Thank you, Ghia

Taylor Jacklin: thank you

Jodie Reichenbach: Awesome tools, awesome webinar! Thank you

Casey Keene: you are a GIFT, Ghia!

Katrenia Meeks: Enjoyed your talk! Thank you.

Jane Parker: Thank you

Dara Smith: Thank you Ms. Ghia!

Terry Negro 2: Thank you Ghia.

Shelah Harper: Keeps disconnecting. Please make this available to replay.

Laura Diaz: thank you so much for your words, gracias

Sherry Boroto: Thank you so much!

Julie Donaldson: I appreciated the tools you provided, especially the last part.

Colleen Phelan: Thank you Ghia!!

Lindsay Smith 2: Thank you so much Ghia!!!

Christina Marty: this has been a wonderful webinar! Thank you, Ghia Kelly!

Paula Callen: You are so amazing

Antoinette Goodlow: Thank you Amen

Lisa Jordan: Beautiful presentation, thank you. Much gratitude!!!

Tammy Debacher 2: Thank you

Roberta Wyatt: Thank you! That was wonderful

Violet Sensmeier: THANK YOU!!!

Jennifer Baltes: Thank you so much! <3

Monique Akanbi: Thank you!!

Lori Garcia-McCammon: Thank you, Ghia

Megan Rogers: Thank you!!

Malini Peck: the Italian saying is Andra tutto Bene which means this in your last slide

Denise Haugen 2: Thank you Ghia! I really needed this message today!

Cierra Hart: Thank you, Ghia!

Megan Rogers: I needed to hear this!

LaShon Smith: Thank you Ghia

Dawn O'Bryan: This came at the right time Ghia!

Michelle Woolley: thank you Ghia :) much appreciated

Malini Peck: thank you so much!

Naomi Taffet: thank you Ghia!

Ivonne: Remember, Ghia and Carolina will be back for part III of the webinar series.

Julie Reinhart: Thank you, Ghia!!

Lindsey Scott: Thank you so much for the beautiful presentation.

Sharon King 2: Thanks. Feel so good!

Jacqueline Miller: Thank you GHIA!!!!

Hyeyoon Chung: Thank you so much~!

Doris Wright: Thank you Ghia!!

Rea LaRock: Thank you Ghia!!! That was emotionally amazing!

Belinda Hopkins: Thank you Ghia!

Rebecca Schmidt: Thank you - much needed!

Shelah Harper: Please provide link to replay. I had poor connection

Sharon King 2: have hope

Breckan Winters: Hi Shelah, the recording and related materials will be available on VAWnet [https://vawnet.org/material/webinar-dealing-loss-and-uncertainty-self-compassion-resilience-and-narrative-webinar-i'](https://vawnet.org/material/webinar-dealing-loss-and-uncertainty-self-compassion-resilience-and-narrative-webinar-i)

Breckan Winters: We'll also send out a follow-up email with the recording and webinar slides, which will be posted on VAWnet.org.

Ghia Kelly: Thank you all for joining!!!

Breckan Winters: Thank YOU, Ghia!!

Shelah Harper: Thanks Ghia! Continuous BLESSINGS

Breckan Winters: Feel free to share any questions for the presenters here as well!

Breckan Winters: How does compassion manifest in your life?

Ghia Kelly: Be kind to yourself :)

Cindi Westendorf: means for me the daily practice of recognizing those outside of myself

CARLA SHARP: Compassion is must in my life in what I do as an advocate and Christian

Janet Lee: It is what fuels my work.

Denise Haugen 2: feeling with an open heart

Lisa Jordan: I practice forgiving myself and releasing that judgment that I hold on myself.

Rebecca Schmidt: I am very skilled at being compassionate with others and providing empathy and understanding for others, but I struggle to provide this to myself

Mel Shears-Rice: Being kind to others, even when they aren't kind

Enola Dick: caring family friends and others

Belinda Hopkins: Being kind to ourselves and others.

Casey Keene: it drives my work around equity

Paula Callen: being kind, open to others, caring for self

Lindsay Smith 2: Yes @ Rebecca... I agree!

LaShon Smith: caring for self and being kind to others

Sharon King 2: forgiving ourselves

Lori Garcia-McCammon: I love doing journaling and expressing my anxieties and worries. I have started taking 2 days off starting last week.

Breckan Winters: Yes! It can be so hard to practice self-compassion

Lori Garcia-McCammon: it has been valuable.

Janet Lee: How do we separate out self-focus as selfishness and self-compassion?

Arlene Vassell (she/her/hers): So true Carolina!!!

Breckan Winters: Good question, Janet! We'll share that with Carolina.

Erica Pharr: That is very true Carolina!

Ghia Kelly: Great question Janet

Veronica Jones-Welch: that is so true, we tend to have more compassion for others

Breckan Winters: "treating ourselves with the same kindness as we would treat a friend when things are going wrong" - beautiful

Lori Garcia-McCammon: Breckan - this is a wonderful statement

Ghia Kelly: self-compassion = self-kindness, common humanity & mindfulness

Breckan Winters: Yes, it really resonated with me too, Lori! Thank you for that definition, Carolina. <3

Dara Smith: I just have to say in addition to the presenters the people on this webinar are awesome...I really like the comments in the chat...

Ghia Kelly: So good

Arlene Vassell (she/her/hers): This is good!!!

Breckan Winters: @Dara, yes, I'm loving chatting with everyone too! It's great hearing from everyone.

Rebecca Schmidt: yes, very fatigued - feeling the compassion fatigue

Arlene Vassell (she/her/hers): Empathy Fatigue!!! Yes....

Breckan Winters: I love that

Breckan Winters: Why don't we do this?

CARLA SHARP: We expect ourselves to be perfect

Evan Rathjen: I feel that we have no role models in our culture or society that model this kind of behavior

Lori Garcia-McCammon: It is always so much easier to do it for others...

Dara Smith: We are too hard on ourselves...there needs to be more grace and mercy...

Veronica Jones-Welch: I think many do view it as selfish

Rebecca Schmidt: I feel like it is wrapped up in our ego and thoughts, we are often our own worst critic and hold ourselves to different standard than others

Casey Keene: cultural pressure

Jodie Reichenbach: Seems selfish

Vanessa Benavides: YES!!!!!!

Kavita Garikaparathi: We have been taught to focus on others rather than ourselves

Roberta Wyatt: We don't give others the grace we give others, possibly due to unrealistic expectations...we would have to admit we can't do it all

Lisa Jordan: We tend to have high expectations of ourselves.

Gwendolyn Lockett: Yes!!!

Bekki Craig: We are helpers and healers and are used to giving rather than receiving

Monique Akanbi: Guilt or a feeling of being selfish

Janet Lee: We may compare the trauma of others to our situation and feel it is not so bad

Michelle Woolley: cultural reasons I think is some of it - taught growing up to look after others, put others first, as a parent taught to put kids first etc - not until later on in life that it's been taught to me about my wellbeing and if I am not well I can't be the parent my daughter needs me to be etc

Veronica Jones-Welch: need to unlearn

Smitha Paul: we give more than we receive

Veronica Jones-Welch: yes

Julie Donaldson: hold myself to higher expectations. It's easier for me to feel compassion for others

Jeanette John-Baptiste: The way we were raised. Take care of others and don't be selfish

Erica Pharr: It may be a habit to provide help to others and constantly go and ultimately put ourselves last even if not intentional.

Kavita Garikaparathi: We don't know how to love ourselves

Jacqueline Miller: I love this!!!

Breckan Winters: Yes to all of this. Thank you, everyone!

Jodie Reichenbach: I always take care of others

Dara Smith: that's good Kavita Garikaparathi

Smitha Paul: self-care is harder to put into practice when you are caring about others

Kavita Garikaparathi: if our cup is empty, we cannot offer anything to anyone else...

Dawn O'Bryan: Taking care of self is sometimes considered "self-absorbed"

Denise Haugen 2: I think as a person of faith, I struggle with putting self first.

Dara Smith: Say that Kavita Garikaparathi

Kavita Garikaparathi: We have to learn to take care of ourselves before we can provide service to others

Smitha Paul: religion teaches us to be selfless

Bekki Craig: Practice saying no

Ghia Kelly: Good stuff!

Kavita Garikaparathi: Self compassion is being emphasized on now, it was a nonexistent term before...

Ivonne: Yes!

Brittany Eltringham: whew. powerful.

Arlene Vassell (she/her/hers): This is good!!!!

Veronica Jones-Welch: exactly!!!

Breckan Winters: What are some of those practices that we've used to stay grounded throughout generations?

Ivonne: Connection with nature

Lisa Jordan: yoga and meditation

Dara Smith: Prayer

Lina Duiker: Religion

Majury Chada: story telling

Ghia Kelly: prayer

Smitha Paul: connection with family

Laura Diaz: cooking together

Vanessa Benavides: working out

CARLA SHARP: Reading the bible and prayer

Kavita Garikaparathi: Self-care is as simple as making yourself a priority

Lisa Jordan: support groups

Roberta Wyatt: humor

Brittany Eltringham: dancing.

Veronica Jones-Welch: community events that involve all

Ghia Kelly: FOOD!!!

Dara Smith: Encouraging and helping others

Tammy Debacher 2: Sleep

Veronica Jones-Welch: bringing them all together

Erica Pharr: Relying on bond with pet

Ghia Kelly: Music

Smitha Paul: remembering our roots and our culture

Antoinette Goodlow: this is so awesome it's a spiritual lift.

Tammy Debacher 2: Yes, animals are amazing

Kavita Garikaparathi: Setting boundaries for yourself is very essential for self-care

Arlene Vassell (she/her/hers): I agree Antoinette!!!

Janet Lee: Re-telling our stories to our children.

Breckan Winters: In a recent webinar, Vanessa Timmons shared that self-care is whatever builds our resilience and feels meaningful - beautiful! <https://vawnet.org/material/webinar-keeping-your-cup-full-essential-trauma-informed-advocacy-part-ii>

Ghia Kelly: Storytelling is so important

Tammy Debacher 2: Yes, storytelling!

Jacqueline Miller: Storytelling is a major tool.

Breckan Winters: Yes!

Kavita Garikaparathi: Setting boundaries! Yes!

Erica Pharr: Storytelling is definitely important to promote change

Kavita Garikaparathi: Thank you for the gentle reminder

Ghia Kelly: Personal power and freedom

Jacqueline Miller: Yes, we can choose our response.

Breckan Winters: Thank you for this wisdom, Carolina!

Monique Akanbi: That is so true...that's good!

Breckan Winters: Be sure to share any questions for Ghia and Carolina here!

Lynette Killsback 2: who are black indigenous people?

Breckan Winters: Hi Lynette, the term Carolina used is BIPOC - Black, Indigenous, People of Color

Breckan Winters: Thanks for explaining, Carolina!

Janet Lee: If someone has not been raised to feel cherished and worthy how can they move toward self-compassion?

Kavita Garikaparathi: Be present in the moment

Erica Pharr: Great question Janet!

Breckan Winters: Great question, Janet!

Breckan Winters: We'll share it with the presenters.

Jacqueline Miller: Yes, yes!

Casey Keene: this is so healing. I didn't realize how powerful self-touch could be.

Patty Branco: <3

Ivonne: I do that too!

Paula Callen: Yes Carolina!

Jacqueline Miller: Wow, love that!

Breckan Winters: I love that quote!

Arlene Vassell (she/her/hers): Love that!!!

Dawn O'Bryan: So true!

Paula Callen: This is so very true

Ghia Kelly: We are not alone in this suffering

Eva Palma: Thank you Ghia and Carolina for sharing your wisdom with us!

Dawn O'Bryan: Thank you Carolina!

Jeanette John-Baptiste: Thank you for this webinar

Breckan Winters: Thank you for the wisdom you've shared with us, Ghia and Carolina!

Tammy Debacher 2: Thank you

Paula Callen: Thank you Carolina for such inspiring words

Tonya Sanai 2: Ok, yes, I have registered already, thank you for clarification

Jacqueline Miller: Awesome. Thank you Carolina!!!

CARLA SHARP: Thank you Carolina, I loved your session, God Bless!

Roberta Wyatt: Thank you, Carolina! Very profound information

Ivonne: Thanks Carolina!

Nicolle Perras: Thank you so much for this Carolina!

Erica Pharr: Thank you Carolina!

Lori Garcia-McCammon: Gracias, Carolina

Lindsay Smith 2: Thank you so much! So very helpful

Charlene Boice: Thank You Carolina!

Jane Parker: Thank you

Angie Kolehmainen: Thank you both so much.

Ghia Kelly: Thank you Carolina

Jacqueline Miller: Reclaiming the practices of my ancestors because it is connected to my liberation!!!

Lindsey Scott: Thank you both so much for the presentation.

J. Renee Glaze: Thank you Ghia and Carolina, excellent presentations!

Andrea Antonio: Janet great question!

Isabel Camacho 2: Thank you both for an excellent presentation!

Jacqueline Miller: Great question!!!!

Nicolle Perras: Thank you Ghia and Carolina, such a wonderful webinar with very useful and practical tools

Andrea Antonio: this is wonderful, thank you for this webinar

Jacqueline Miller: My needs are connected to my self-care!!!

Bekki Craig: Thank you for this time

Breckan Winters: This has been an amazing webinar. Thank you so much to our incredible presenters and to everyone who has spent this time with us today!

Lynette Killsback 2: Thank you Ghia and Carolina for your time and teachings!

Rebecca Schmidt: Thank you very much!

Terry Negro 2: Great presentation and presenters!

CARLA SHARP: This was so good, thank you so much, can we get the webinar?

Veronica Jones-Welch: thank you so much for this space. it has been great!

Lindsey Scott: Yes, thank you so much this was right on time!

Wanda Friday: This webinar has been so helpful, thank you so much!

Charlene Boice: Thank you Ghia and Carolina for an informative webinar

Breckan Winters: The recording will be available here! <https://vawnet.org/material/webinar-dealing-loss-and-uncertainty-self-compassion-resilience-and-narrative-webinar-i> And be sure to join us for the rest of the series: <https://www.nrcdv.org/trainings>

Belinda Hopkins: Thank you Carolina!

Ivonne: If you wish to receive a certificate of participation, please email me at iortiz@NRCDV.org

Breckan Winters: Thanks, Ivonne!

Erica Pharr: Thank you Ivonne!

Breckan Winters: Thank you so much for joining us, today!

Tammy Debacher 2: Thank you so much!

Naomi Taffet: thank you!!!!

Dawn O'Bryan: Great job everyone!

Hyeyoon Chung: Thank you!

Lori Garcia-McCammon: Thank you all!! You are a blessing... we never lose hope!

Belinda Hopkins: Thanks to everyone!

Vinnie Shank: Vinnie Shank

Priscilla Christmas: Thank you

Paula Callen: Thank you NRCDV excellent webinar

Jodie Reichenbach: Thank you!

Melisa Linden: thank you!

Denise Haugen 2: Thank you. This was refreshing & needed!

Ghia Kelly: Beautifully said

Roberta Thomas: thanks