



**National Resource Center**  
**on Domestic Violence**

**NRCDV Webinar Series**  
**Loss, Self-care & Healing:**

There is Hope & Joy Ahead  
Part III

LATOYA C. MCLEOD, LCSW   GHIA KELLY, MSW   &   CAROLINA BAUTISTA-VELEZ, CLC

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Presenters include:



Carolina Bautista-Velez,  
CLC



Ghia Kelly, LCSW



Latoya Mcleod,  
LMSW

# Grief, Loss & the Power of Personal Narrative

Ghia Kelly, MSW  
The Gift of Truth, Inc



# These Are Unprecedented Times



Loss



Uncertainty



Reflection



Reprioritization



# Grieving Is Healthy!

- Grief is our natural response to loss
- There is no right or wrong way to grieve, but there are healthy ways to deal with the grieving process.
- Types of losses
  - Loss of a loved one
  - Loss of a job and/or financial stability
  - Loss of a cherished dream
  - Loss of safety after a trauma

**What Story Are You Telling  
Yourself?**

# Strategies for Personal Peace



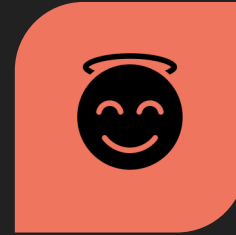
SHIFT YOUR  
FOCUS



SELF CARE



GRATITUDE



MINDFULNESS



HELP OTHERS





# Awareness & Self-Compassion: An Approach for Individual & Collective Liberation

Carolina Bautista-Velez, CLC    Metamorphosis-Coaching

# What is Self-Compassion?

- Treating ourselves with the same kindness as we will treat a friend when things go wrong.
- Tip to access self-compassion: If your close friend was struggling with the same thing you are, what would you tell them? And can you begin turning those words towards yourself?

# Self- Compassion





“Our brain has a negativity bias,  
which makes it like

**VELCRO FOR THE BAD** and  
**TEFLON FOR THE GOOD.**


so we have to **learn** to take in  
the positive experiences, weaving them  
into the fabric of our brains.”

-RICK HANSON, PH.D.



**BETWEEN STIMULUS AND  
RESPONSE THERE IS A  
SPACE. IN THAT SPACE IS  
OUR POWER TO CHOOSE  
OUR RESPONSE. IN OUR  
RESPONSE LIES OUR  
GROWTH AND OUR  
FREEDOM.**

Viktor E. Frankl



# THERE IS HOPE & JOY AHEAD

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LATOYA C. MCLEOD, LCSW





# A Healing Response to Uncertainty

- Starts with embracing healing from a place of hope.
- Tuning in to our emotions and experiences and acknowledging that what we're feeling is ok.
- Recognize that you do not have to have everything figured out to move forward.
- Feel, heal and return to your focus.
- It is during the most challenging times that your grit comes through the most.
- Allowing yourself flexibility be willing to bend but not break.
- Your traumatic experience & grief is unique to you.



# H.E.A.L.I.N.G

H- Hope in the present and future. Continue to look forward to the positive outcomes no **matter** what is going on in your life.

E- Energy. What we focus on, we fuel. Invite positive, hopeful, favorable energy into your emotional and physical space.

A- Acceptance. Accept the reality of our situations without trying to fight or resist it. This helps you to not get carried away by what we imagine or how we want things to be.

L- Love. True healing requires love. Love for self, Love for others, Love for the things around you.

I- Intentional. Become intentional with your purpose. Say no to things that aren't important so that you can intentionally focus on matters most.

N- "New Normal". What this means moving forward in this pandemic is unique to you. Many lives and circumstances have been changed, be willing to embrace what comes next.

G- Gentle, growth. Be gentle with yourself during your growth. What works today might not work tomorrow. Do not be afraid to start over again.



# SELF-CARE: WHAT IT IS AND WHY IS IT IMPORTANT?

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- The practice of taking an active an active role in protecting one's own well-being and happiness particularly during periods of stress.
- Self-care is a continuum, it is deliberate.
- Self-care presents in different forms: Physical, Mental, Social, Spiritual.
- When you take care of yourself, you are better able to meet the needs of others.





# Self-Care Begins With Me

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- Identify your emotions. Sit with whatever you are feeling in the moment.
- Accept and let go of what you are not in control of.
- Make sure your self-care is not self-sabotage.
- Show self-compassion by celebrating small accomplishments.
- Listen to your body.
- Move your body.
- Practice gratitude.
- Do something kind for someone else.

hope

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

GENERAL MATERIAL  
NRCDV PUBLICATIONS  
TRAINING TOOLS

**AUTHOR(S):** [Ivonne Ortiz](#)



This Technical Assistance (TA) Bundle includes [TA Questions](#) (TAQs), podcasts, and webinars from NRCOV featuring resources and personal stories from advocates and survivors on self-care, resilience and best practices for sustaining our passion and well being.

[🔗 NRCDV Radio: Why I'm an Advocate series part 3 - Hania](#)

TAQ: How can I mitigate the impact of vicarious trauma to help promote the long...

TAQ: Why is healing from collective trauma critical for our social justice effo...

TAQ: How can victim advocates find balance when caring for themselves and suppo...

TAQ: We exist! As a woman of color, how can I find my place in the domestic vio...

[📺 Webinar: Keeping Your Cup Full: Self-Care is Essential to Trauma Informed Advoc...](#)

[📺 Webinar: Preventing Compassion Fatigue: Honoring Thyself](#)

[🔊 NRC DV Radio: Why I'm an Advocate series part 1 - Kendra](#)

# We Need your Feedback



Thank you for attending our session today. Your experience at this training is very important to us.



We invite you take a few minutes to complete a short survey and provide your feedback. The survey should take less than four minutes. Your participation is voluntary, anonymous and confidential.





## Connect with us:

The National Resource Center on Domestic Violence ([www.nrcdv.org](http://www.nrcdv.org)) provides a wide range of free, comprehensive, and individualized technical assistance, training, and specialized resource materials. Access our publications online at [VAWnet.org](http://VAWnet.org).

This webinar was made possible by Grant Number #90EV042802 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.



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