

# RESILIENCE RESOURCES

*Practices that support safety, care, and resilience*

## **SUMMARY**

Like all forms of personal and professional growth this workshop offers both benefits and some discomfort. While many participants may work to avoid discomfort, risk-taking is a critical component of the transformative learning process. Facilitators work to create a brave and resilient container for all participants. This includes both supporting the marginalized and challenging allies. Many participants may feel discomfort, which is often an avenue for learning and growth.

It is normal and expected for participants to experience feelings such as, but not limited to, stress, sadness, guilt, rage, anger, hopelessness, grief, and frustration. In addition, at times throughout this workshop participants may not agree or feel a level of resistance/defensiveness/discomfort with history, feedback, observation, and encouragement given by a facilitator or peer members.

As with all growth and discomfort, support is needed. This workshop has been designed to assist participants in their personal growth and to create a brave and resilient container to explore racism. Staff support will be available as well as a variety of practices and resources. If and when more in-depth support is needed referrals will be given to participants to an appropriate resource.

To foster safety, care, and emotional resiliency, the following practices and resources will be integrated into the workshop. See individual handouts for detailed descriptions.

## **PRACTICES**

### **GROUNDING**

Self-regulation strategy of centering oneself by bringing attention to solid objects and the ground.

### **BREATHING**

Self-regulation strategy of calming the limbic system by bringing attention to the breath.

### **BODY SWEEP**

The act of clearing away emotions and heaviness being held by the body.

### **STRETCHING**

The act of slowly moving the body to release emotional energy and tension being stored in the body.

### **ENERGIZERS**

The act of moving the body to energize the body and/or to cleanse emotional build-up.

### **SWITCHING**

The practice of physical movement that supports cognitive switching between both sides of the brain.

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## RESOURCES

### **MANIPULATIVES**

A variety of tactile objects will be available throughout the workshop space to support physical outlet during activities. Examples include Koosh balls, squishy objects, puzzles, and fidget devices.

### **PERSONAL REGULATION ACTIVITIES**

Doodling, coloring, journaling, and other personal regulation activities are all encouraged during the workshop. An activity table will provide options for participants.

### **CULTURAL ACTIVITIES**

Beading, knitting, and other cultural regulation activities are all encouraged during the workshop. An activity table will provide options for participants.

### **JOURNAL WRITING**

All workshop participants will receive a journal to record their reflections and to debrief activities.

### **RAVEN CARDS**

Note cards that workshop participants can use to express gratitude, learning, and support to each other.

### **HEALTHY FOOD AND DRINKS**

Providing workshop participants food that supports wellness and energy, as well as drinks that can cleanse and revitalize.

### **WORKSHOP 'PORCH'**

A space outside the main workshop space where participants can gather alone or in groups to rejuvenate and refuel.

### **PERSONAL SPACE**

A private area for participants to be alone or practice self-regulation.

### **ON CALL ELDER OR FACILITATOR**

A person readily available to support and care for participants through bearing witness and self regulation guidance.

### **VISUALS**

Posters and visual cues around the workshop space to remind participants of resilience resources and practices.

### **ELDER GALLERY**

Post photos of elders and leaders from different backgrounds that have exemplified the values of resilience, well-being, and empowerment. Invite participants to add photos and names of people to the gallery.

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## RESOURCES (CONTINUED)

### **COMMUNITY ALTAR**

Many cultures have an altar that is a collection of items, artifacts, photos, scents and symbolic elements to honor and remember something or someone meaningful. Ask participants to find something in their possession or bring an object that represents something that makes them feel empowered or able to do the work.

## MUSIC

### **SONGS**

Music has a long history as a tool for social justice. Traditional songs were used both as a tool to foster resilience and strength in marginalized communities, as well as a strategic organizing tool. The following is a list of songs connected to racial equity and social justice. See individual handouts for history and lyrics.

*Ain't gonna let no one turn me 'round*

*Hold on (Eyes on the Prize)*

*Resilience*

*Lift every voice and sing*

*We shall overcome*

*No nos moveran! (We shall not be moved)*

### **MUSIC**

In addition to singing songs as a group, background music can be played to support different moods. Creating a soundtrack for workshop activities can support mental, emotional, and physical energy.