

TRY THIS-Systematic change

- 1.) Think of an area of your life where you are part of the dominant group (race, class, sexual identity, or another area). Generate a list of 4 ways that you could be an ally to someone. Dedicate one action per week to using your privilege for good.
- 2.) Identify a system you are involved in, and think of 3 ways you could work towards positive change in that system.
- 3.) Develop a relationship with someone in leadership and do something once per month to provide direct support to them, whether you share a meal, offer to shoulder some of their workload, or arrange for them to get an acupuncture session. You might choose the director of a non-profit, a principal of a nearby school, or an elected official.

TRY THIS- Creating a microculture

- 1.) Ask yourself what your ancestors and those who raised you have done throughout time, to heal themselves and others. When they experienced trauma, how did they go on?
- 2.) Identify the members of your microculture. To what degree do they nurture hopefulness, accountability, and integrity? Think about whether you could use stronger role models in these areas?
- 3.) Take some time to examine how your outside surroundings connect with your internal state. Are there shifts that need to be made in your external reality that can help you achieve a more peaceful and productive internal reality? What is your neighborhood like, how is your home taken care of, what food do you eat, and what role do you choose in creating wellness both locally and globally?

TRY THIS- Moving Energy Through

- 1.) Stand or sit in a comfortable position. As you raise your hands about your head, breathe in. As you lower your arms, breathe out. Do this 20 times, slowly.
- 2.) Commit to walking or running or wheeling or biking outside for 5 minutes every hour that you are working. During this 5 minutes, focus on breathing deeply and breathing out slowly. Notice anything beautiful around you and breathe that in as well.
- 3.) Initiate a co-counseling type relationship with a colleague or friend with whom you can call on regularly. Agree to counsel each other, if only for 5 minutes. Let your friend start talking and listen attentively with a calming presence. Then it's your turn. Say whatever is in your heart and mind, moving it out of your system, while they listen attentively. Repeat frequently.

TRY THIS- Compassion

- 1.) Think of someone from early in your life who showed you a great deal of compassion. Hold them in your thoughts for a moment while you allow yourself to remember what it felt like to be in their presence.
- 2.) Recall a time when you were particularly hard on yourself. Ask yourself what your deepest fear was at that time. Close your eyes and replay in your mind how you could have responded to yourself in a way that would have been compassionate. Notice how this shift in response feels.
- 3.) Generate a list of 6 people or situations in your life where you think an increase in your compassion could significantly alter the dynamic. Make an intention to approach one of these people/situations with increased compassion each month for 6 months. Pay attention to the difference in your life.

TRY THIS- Plan B

- 1.) Ask yourself, "If I weren't doing this work, what would I love to do?"
- 2.) Generate a list of 5 things that you can do over the next 5 weeks to help you get closer to realizing your Plan B.
- 3.) Tell 3 loved ones about your Plan B and ask them to encourage you in that direction at least once per month.

TRY THIS- Finding balance

- 1.) Identify one thing that you would love to incorporate into your workday but are certain you could not. Now try everything in your power to make that aspiration a reality.
- 2.) Write down all your sick leave time, vacation time, and mental health days. Start planning ahead... now!
- 3.) Remember that the labor movement and countless individuals work hard to create weekends and breaks and more humane working conditions. Resolve to honor those who have gone before you by agreeing only to a sustainable work schedule and sticking to it.

TRY THIS- Gratitude

- 1.) At both the beginning and the end of your workday, take a distinct moment to think of one thing you are grateful for.
- 2.) Every single day, think of one person you are grateful to and tell them so. You can start with those closest to you and branch out to expressing your gratitude for all those "teachers" in your life.
- 3.) Advocate for your workplace to create a forum where you and your colleagues can express gratitude for one another. This could be a facilitated time during staff meetings or it could be a bulletin board where employees can post anonymous thank you notes.

TRY THIS-Daily practice

- 1.) When your day begins, close your eyes, take several deep breaths, and ask yourself, "What is my intention today?" If you have small children or loud chickens demanding your attention before you are conscious, ask this while feeding your children or gathering the days eggs, but create an intention for the day.
- 2.) At the end of your day, before sleep overtakes you, ask yourself, "What can I put down? What am I ready to be done with? What don't I need to carry with me for another day?" Put it down, and don't pick it up again the next day.
- 3.) Designate a day of rest. Whether you identify it as Shabbat, or the Sabbath or simply a day off, designate a weekly day of non-obligation for yourself. Like the holy days of religion, this will serve to remind us that if we are truly to reconnect with ourselves, work and creation must stop. Our day of rest will also remind us that who we are as individuals and as members of society is part of our deepest essence, and not about what we produce during the week. In addition to your day of rest, allot some time for yourself each day where you don't obligate yourself to anything, but instead give yourself total freedom to delight in one of your favorite states of being. Be present with this for as long as you are able. Notice how you feel when you free yourself of obligation and allow yourself to be centered within.

*From Trauma Stewardship by Laura van Dernoot Lipsky

Self-Care Practices*

TRY THIS- Making space

- 1.) Close your eyes; take a deep, long inhale followed by a slow exhale. Repeat this 3 times. Note what comes up for you when you slow down just long enough to take 3 deep breaths.
- 2.) Sit comfortably somewhere and don't "do anything" but sit and breathe for 5 full minutes. Be curious and compassionate as you hear what comes to your mind while you are being still.
- 3.) Create some time to do a walking meditation and an eating meditation. As you walk, have no destination and slow down enough to notice everything possible: where you are; how your body feels; what it's like to walk slowly; what's under you, above you, on each side of you. As you eat, begin by looking closely at and smelling your food. Take a moment to think about all the people, elements, and forces it took to bring this food to you. Then chew each bite until it ultimately dissolves. Take a deep breath in between each bite. Continue to chew slowly. Notice any changes within you as you methodically nourish your body. When you have finished, thank all those who helped bring this food to you.

TRY THIS-Awareness

- 1.) Before starting your workday, take a moment to literally stop in your tracks and ask yourself, "Why am I doing what I am doing?" After you hear your answer, remind yourself, gently, that you are making a choice to do this work. Taking a deep breath, breathe in both the responsibility and the freedom in this acknowledgment.
- 2.) Regularly consult with someone about why you are doing what you are doing. Choose a trustworthy, supportive wise person. Ask this person to both listen attentively and provide you feedback. It is critical not to be isolated in our work.
- 3.) Regularly write down why you are doing what you are doing, what your intention is. Keep it somewhere. When you feel yourself going astray, return from that client consult, staff meeting, or board retreat, and find your written intention. Remind yourself what it is about for you, and what it is definitely not about.

TRY THIS-Focus

- 1.) Think of a challenging work situation. Write down 3 things that make it challenging. Write down 3 things you really appreciate about it. Look at your lists and ask yourself, where am I more likely to focus and why?
- 2.) Take a day where you commit to paying attention to the running commentary in your mind. Is your mind habituated to seeing the glass half empty or half full? Are you able to reframe things as half full, or is there a deep investment within to see things as half empty?
- 3.) Find a mirror, stand in front of it, and look at yourself. Notice the first 3 things that come into your mind as you look at yourself. Would you classify them as positive, loving, kind things? If not try again.