

# How to nurture and heal the parts of our selves in order to better support learning

## spirit

imagining a future (“the woman in my dreams”) • finding meaning in words, texts, communication and life

- hold onto hope/foster hope • consciously create community with ceremony/ritual • sing • abundance thinking • be trustworthy (establish trust) • have fun, play, laugh, feel joy
- celebrate small steps • expose power relations (resist -ism’s) • compassion for self and others • belief in self • surrender to greater force “I’m a spirit, too” • value reflection time • precious creation • respect culture and identity

## emotions

strategies for dealing with intense emotions (connect to the environment)

- model emotional work (fellow traveler) • journaling to get in touch with feelings • poetry and plays to express/get in touch with feelings • do your own work/have clean emotional reactions • monitor graphic disclosures (avoid re-traumatization)
- encourage self-reflection to outward focus • refer to counselling/healing or make available in your program • space to talk about emotions • supportive • channel anger with activism

breathing • stretching • serve healthy snacks • encourage groundedness • visualization • dance • expressing self/story in movement • take regular breaks • practice using voice/playing with voice • create a sense of safety • share decision-making power • drop in philosophy (always ok to come and go) • be predictable (but not boring) • have group guidelines • respect space • make peace • trust your feelings/trust your ‘gut’

## body

teach the research about post-traumatic stress (not crazy) • representative tutors, staff, board members, resources (people who are like me are smart and hold power) • honour students’ knowledge and abilities • notice lack of presence and invite people back without shame • work on quieting the mind, meditation • provide examples of a mind that works • visualization, mentally prepare seeing success/law of attraction • be conscious of interactions • don’t unthinkingly reproduce abuse

## mind

# How our selves can be damaged, dented or wounded and can sabotage our attempts at learning

## spirit

feel alone, hiding self • scarcity thinking • constant struggle, little joy • sense of defeatism • shame, guilt for being alive • fear of exposure • self-blame (blame the victim) • out of touch with soul (soul murder) • feel bad • feel disconnected, like an outsider • worthless • hopeless, no meaning • perfectionism, no humility • internalize power relationships

## emotions

feel crazy • all or nothing (never, always) • very passive • very angry and aggressive • hard time sharing talking space, attention • projecting/no ownership of own feelings • distrustful • transference • living in constant crisis (dropping the penny) • sensitive, easily triggered • self-sabotage • guilt/shame • self-conscious • well defended (thick wall) • vulnerable/feeling raw

fight or flight mode • hypervigilance (extra sensitivity) • panic/terror – freeze up when triggered (trying to learn something new) • weak voice/lost voice/silence • feel paralyzed • self-neglect • armour • feel weak • discomfort in our body/clumsiness • no eye contact • stiff • sore • illness • hunger • sick to the stomach

## body

Disconnected/severed head • feeling slow/stupid, wrong (people who look like me -ism's) • busy mind, tired mind, no rest, no peace (deciding who to trust, what to tell, inner voice, trying to combat the critic) • dissociate, disappear, space out, split • forgetful, memory challenges • concentration

## mind