



Advancing Equity. Ending Sexual Violence.®

CARING FOR SELF

as a Foundation of Advocacy Work

Thursday, September 15, 2022
10:30 am - 12:00 pm PT



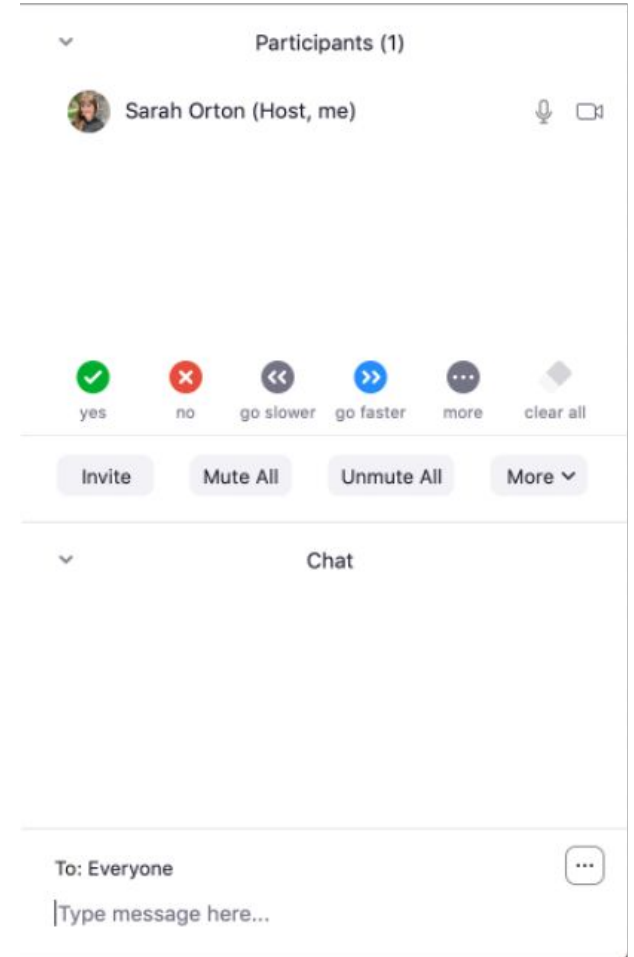
Tech Support



Jennica Sinor
she/her
PROJECT
COORDINATOR
ValorUS

How To Use Zoom

- Recording
- PowerPoint Slides
- Text chat
- Phone
- Web Conference Guidelines (hand raising)





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Presenter



Nani Swaminathan
they/her
LCSW - Therapist

Caring for Self as a Foundation of Advocacy Work

nani swaminathan (they/them | she/her)

lcsw - therapist

How to Be in This Space

VIDEO - whatever you need to do - off or on.

CHAT - make use of this feature and connect with one another.

MUTE BUTTON - please stay muted if you are not sharing.

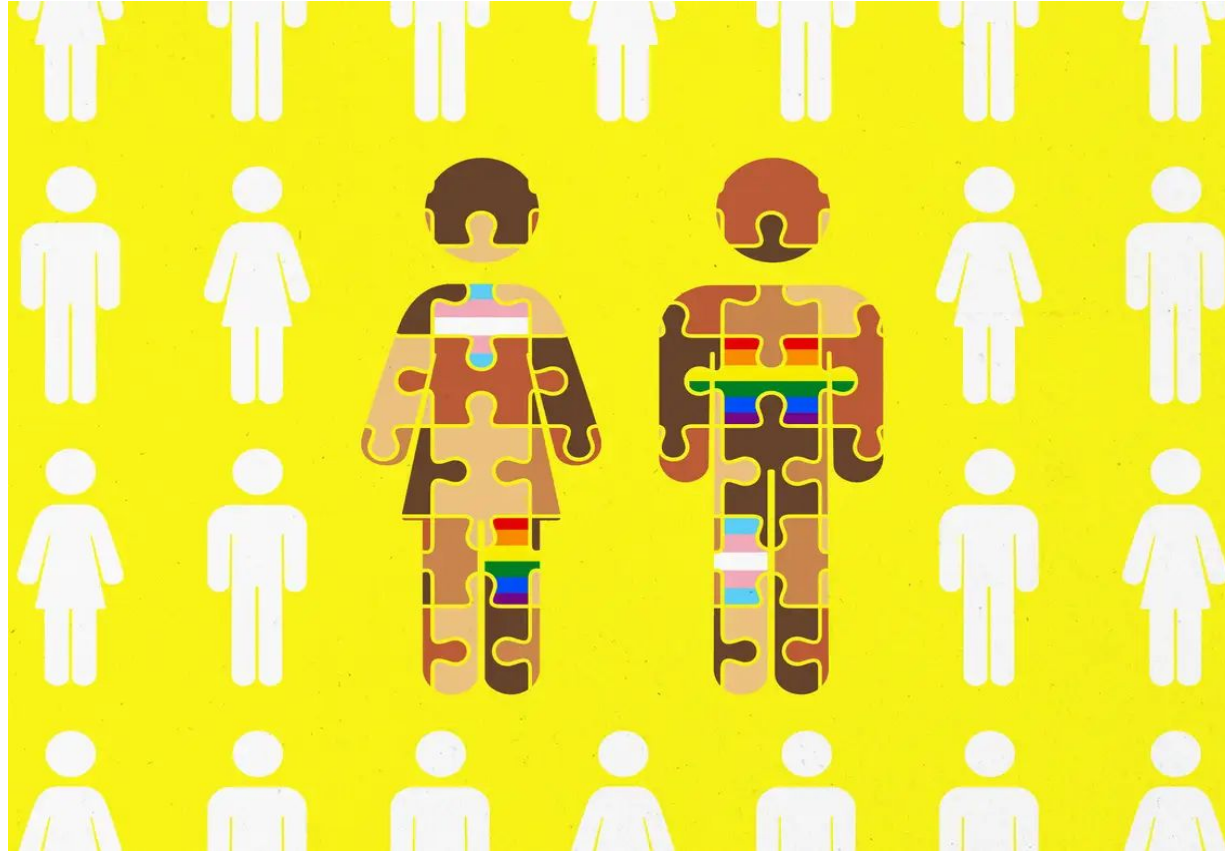
if for any reason you need to take a break, please do!



Hopes, Goals, Objectives

- *Understanding the difference between care vs. maintenance*
- *Creating opportunities to tend to vicarious trauma with timeliness and intention*
- *Building a personalized self-care plan*
- *Keeping ourselves accountable for our own healing*
- *Building communities of care and support with authenticity*
- *Introducing wellness and self-care practices into our organizations and places of work*

Collective Grounding



Self-Maintenance

- Defensive
- Motivated by danger
- Externally directed
- Protection of stasis and existence
- Preservation from destruction/failure

Self-Care

- Active
- Motivated by tenderness
- Self-Directed
- Protection of wellbeing and joy
- Mitigation of Stress

Community Care

- Mutual Aid
- Intentionally built by many
- Sharing resources
- Offering support when you can give it
- Ujima, Ubuntu, Samuga Padhukapuh, Samudhayek Dhekpai

Trauma

- An experience or series of experiences which leaves people feeling helpless, fearful, concerned about safety
- Cultural and generational
- Emotional, Physical, and Psychological

Vicarious Trauma and Secondary Traumatic Stress

Vicarious Trauma

- Inner Experience
- Covert changes

Secondary Traumatic Stress

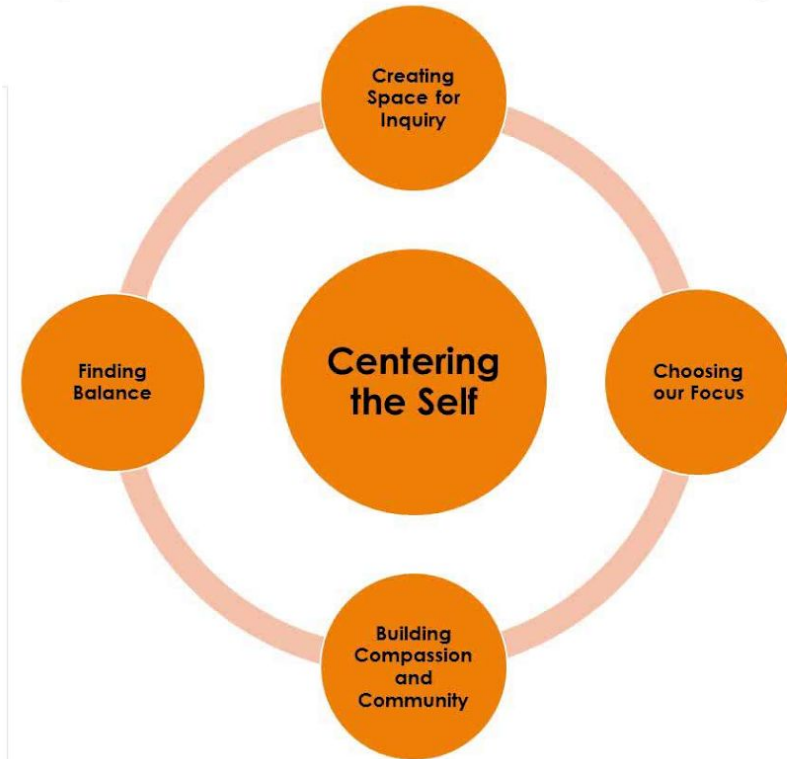
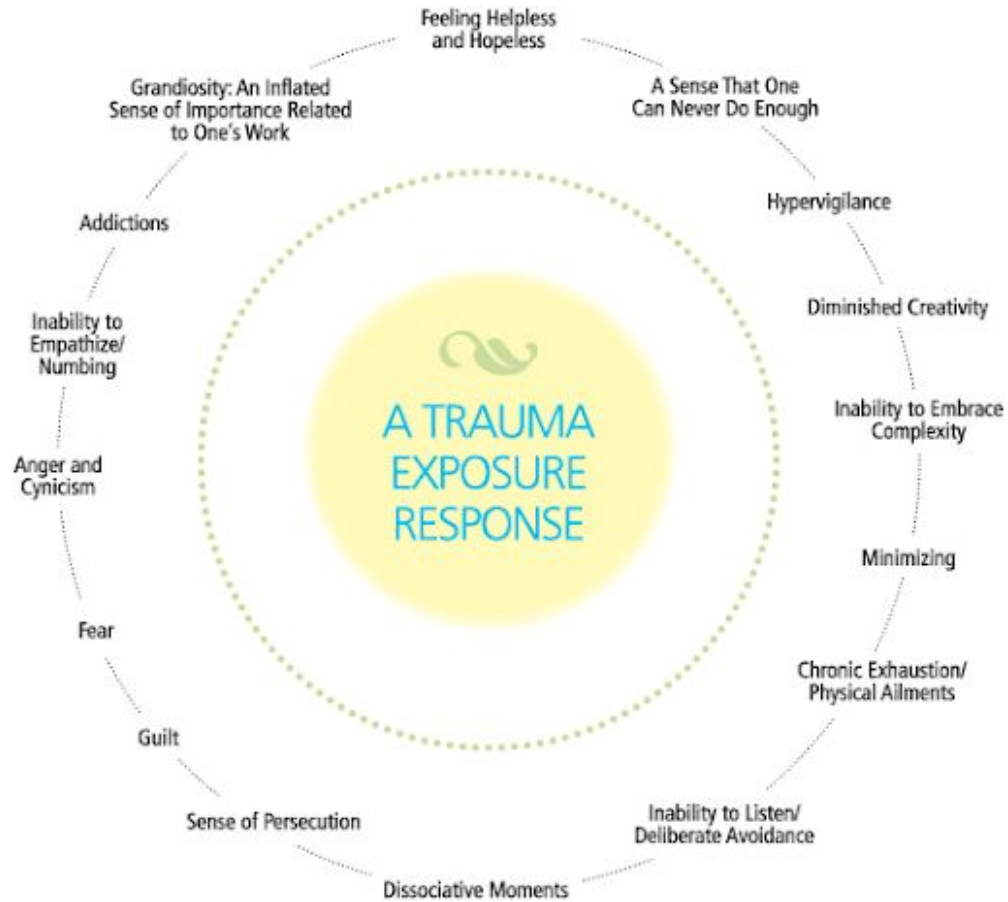
- Observable experience
- Overt Changes

BOTH - Exposure to trauma of others and decrease of empathy and compassion over time

ACTIVITY

- In the moment - What helps?
- After the moment - What helps?
- Long-Term Practice - What does this look like?

Trauma Stewardship



Bringing Self-Care into The Office

- Self-Awareness!
- Self-Care and Accountability as Collective Practice
- Professional Development/In-Services
- Sabbaticals and Time Off
- Social Change and Community Outreach
- Employee Assistance Programs or Consulting Clinician
- Feedback Practices as Kindness Practices
- Boundary Setting and 'Deliberate Shut Off'
- Create Intentional Spaces for Debrief - TIMELY



Types of Self-Care

Physical



Sleep
Stretching
Walking
Exercise
Nutrition
Yoga

Emotional



Stress Management
Coping Skills
Compassion
Therapy
Journaling

Social



Boundaries
Support System
Positive
Social Media
Communication
Friends

Spiritual



Time Alone
Meditation
Prayer
Nature
Sacred Space

Personal



Hobbies
Creativity
Goals
Identity
Authenticity

Space



Safety
Healthy
Environment
Stability
Clean Space

Financial



Saving
Budgeting
Money
Management
Paying Bills
Boundaries

Work



Time Management
Work
Boundaries
Breaks

Blessing Manifesting

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