

Self-Care for Advocates, Activists and Accomplices

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Intention of the Presentation

- Share
- Learn
- Connect

**We won't get to all the answers. Some of these things are really complex.*

WE are really complex.

P	Participate. Show up, engage, and encourage others to do the same.
R	Respect. Approach others with respect, even in disagreement. Not just in language, but in also honoring others' identities, values, etc.
O	Ouch/Oops. If something is said that hurts, or if you say something you did not mean, say so. Expression facilitates productive dialogue about how things can be interpreted and understood.
C	Confidentiality. What's said here stays here, what's learned here leaves here. Respect the sensitive and personal nature of this topic.
E	Empathy. For each other's perspectives and experiences. For ourselves.
S	Step Up. Maintain self-awareness, and be intentional. Accept responsibility for your own contributions to this dialogue and to this cultural conflict.
S	Step Back. Continue maintaining self-awareness, and take a step back when you notice yourself losing perspective, disconnecting, or getting tunnel vision.

Adapted from model presented at UNT Ally Training (2014) and document from Vanderbilt University website:
<https://my.vanderbilt.edu/vucept/files/2014/08/PROCESS.pdf>

Confidentiality: Our Roles and Yours

- Our Roles: As counselors & UNT employees, we are obligated to keep all members of our campus safe. We are mandated reporters of
 - abuse of minors, elderly or disabled persons
 - anticipated harm to self
 - anticipated harm to others
 - sexual assault
- Your Roles: Share what you learn. But keep people's personal stories private.

Share your story.

What current event(s) is impacting you?

How is it impacting you?

What brought you here today?

What would you like to get out of today?



U.S. TRAVEL BAN

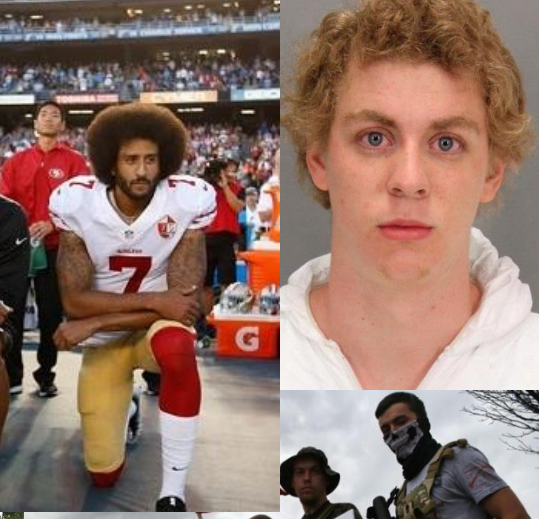


ALL GENDER RESTROOM

Anyone can use this restroom, regardless of gender identity or expression



BLUE LIVES MATTER



DALLAS OFFICERS AMBUSHED



“Name it”

- To validate an experience
- To give it meaning
- To communicate
- To name a corresponding action
- To take action

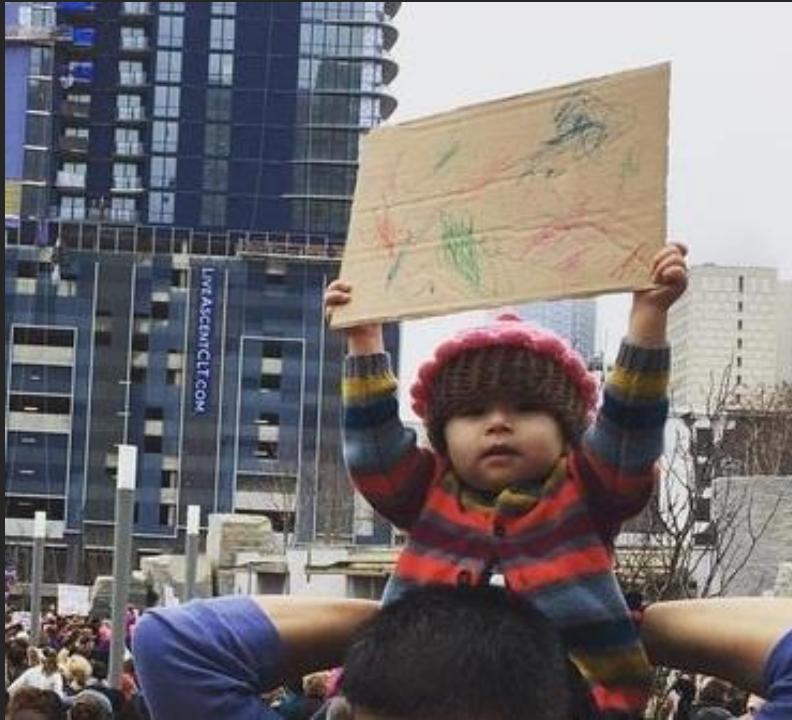
Burnout



- Physical and mental exhaustion
- Feelings of
 - Hopelessness
 - Helplessness
 - Anxiety
 - Guilt/Shame
 - Anger
 - Sadness
- It can end a movement
- It is REAL

Resilience (APA, 2015)

- Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. It means "bouncing back" from difficult experiences.



Resilience....

Is

- The capacity to set realistic plans and take action.
- A positive view of self and confidence in your strengths/abilities.
- Communication and problem solving skills.
- The capacity to manage strong feelings and impulses.

Isn't

- Being resilient does not mean that you do not experience difficulty or distress in your life.
- Resilience does not mean you have to ignore your feelings, "tough it out," or "grin and bear it."
- Resilience is not a trait that you either have or do not have. It's a skill that we nurture and practice.

Learn From Your Past

Ask yourself the following*:

- What kinds of events have been most stressful for me?
- How have those events typically affected me?
- To whom have I reached out for support?
- What have I learned about myself during difficult times?
- Was helpful for me to help someone else going through a similar experience?
- Have I been able to overcome obstacles, and if so, how?
- What has helped make me feel more hopeful about the future?

Perhaps these are also questions we ask those we are helping

Ways to reduce your stress

- Body: nutrition, exercise, deep breathing, dance, physical intimacy...
- Mental/Emotional: laugh, music, get creative, play...
- Spirit: meditation, prayer, nature...
- Connection: talk to someone... (be strategic about who that person is)
- Disconnection: from media or toxic culture
- Seek professional mental and medical help if needed.
- Any other ideas?

(From a collectivistic perspective, caring for others is caring for self.)



Self-Care and Culture

- Culture as a strength rather than a barrier!
- A person's culture can impact how they communicate feelings and deals with adversity.
- How does your culture cope? What did you see growing up? What were you taught and told about how to get through tough times?
- How do cultural factors impact self-care?
- How do cultural factors impact your care of others?

Resources at UNT

- **UNT Counseling & Testing Services:** 940-565-2741 • Chestnut Hall 311
- **Multicultural Center:** 940-565-3424 • Union 335
- **Office of Equal Opportunity:** 940-565-2759 • Hurley Admin. 175
- **Student Health and Wellness:** 940-565-2333 • Chestnut Hall 2nd Floor
- **Dean of Students:** 940-565-2648 • Union 409
- **Office of Spiritual Life:** 940-565-3288 • Union 376E
- **Office of Disability Accommodations:** 940-565-4323 • Sage 167
- **Student Veteran Services:** 940-369-8021 • Sage 123
- **Pride Alliance:** 940-565-2589 • Union 372
- **Denton County Friends of the Family:** 24hr CRISIS 940-382-7273

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