



Resiliency and Service Wellness

 **VISTA**
Volunteers in Service to America
Dial: 877-853-5257
Webinar ID: 975-4043-2460
 **NATIONAL & COMMUNITY SERVICE**

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Today's Speakers

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 Chris Hawkes <small>AmeriCorps VISTA Training Specialist</small>	 Ginlin Woo <small>VISTA Alum Facilitator/Trainer/Consultant</small>	 Daysha Humphrey <small>VISTA Leader, Maroon Volunteer Center, Mississippi State</small>	 Mary Sherman <small>VISTA Leader Campus Compact of NY & PA</small>
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Today's Topics

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- Resiliency sharing
- Service and trauma care
- Well planning



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Proposed Working Agreements

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- Participate at your comfort level
- Stay present
- Get curious together
- Share what you know



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Resiliency Sharing

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- The ability to react or adapt positively to a difficult and challenging event or experience.
- It is often described as the ability to bounce back after something difficult has happened.



What else? Respond in the Chat.

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Protective Factors

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Protective factors are the interacting social, psychological, biological, **cultural**, **spiritual**, historical, political, structural, and economic factors that strengthen a person's resilience.



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Your Resiliency

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What is woven into your resiliency?

What is included in your experience, heritage, legacy, ancestral fabric?



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Gin's Cultural Grounding

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1. Food legacy

2. Hand-work tradition



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1. Food Legacy

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Mou shu chicken



Mandarin pancakes



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2. Hand-Work Tradition

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"Peace potholders"



Daysha Humphrey
Mississippi Senior Center
Mississippi State, MS

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VISTA Voices: Resiliency

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What is a practice that contributes to your resiliency?

\$fi#f# #fi' r#f# #fm' #us#Pm#un#5fi' ~ m#f#



Daysha
Humphrey
Maroon Volunteer
Center, Mississippi
State, MS

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VISTA Voices: Resiliency

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What is a practice that contributes to your resiliency?

-Ei#m#u#s# j#f# #s#i# #E·it# ut#
E"mk#E#m#



Mary Sherman
New York, NY
Campus Compact
of NY & PA

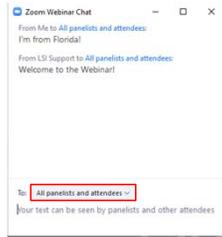
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Chat Question

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What is a practice that was passed on to you that contributes to your resiliency?



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Service and Trauma Care

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Trauma is often the result of an overwhelming amount of stress that exceeds one's ability to cope or integrate the emotions involved with an experience.



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Signs of Fatigue or Burnout and Unaddressed Trauma

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- Physical signs
- Attitudinal signs
- Emotional signs
- Mental signs
- Relational signs
- Performance signs



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Grief Cycle

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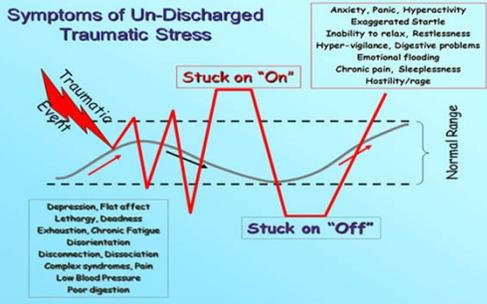


Source: Jusikamartinez.com/aftertheloss

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Traumatic Stress

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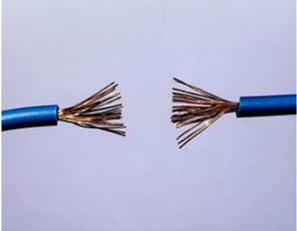
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Disrupted and Interrupted Service

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- What accommodations or adjustments could you make?
- Where could you ask for help making adjustments/ accommodations?



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VISTA Voices: Service Adjustments

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- Accepting reality
- Delving into my values
- Ensuring basic needs were met
- Move forth in power and strength
- Re-imagine and re-consider
- Ground my work in passion to serve



Mary Sherman
New York, NY
Campus Compact
of NY & PA
Former VISTA at
Mercy College

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Care Strategies

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- W: Connection, regular check-ins,
- X: Intentional fun, rest, slack time
- Y: Maintain healthy boundaries and flexibility
- Z: Help support/hold up others



What else? Respond in the Chat.

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VISTA Voices: Care Strategies

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Mental



Physical



Emotional



Spiritual



**Daysha
Humphrey**
Maroon Volunteer
Center, Mississippi
State, MS

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Moving forward even stronger



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Activity: Using the provided template, identify 1-2 goals for each wellness that you can commit to for the next month.

Mental <ul style="list-style-type: none">• Example 1	Physical <ul style="list-style-type: none">• Example 1
Social/Emotional <ul style="list-style-type: none">• Example 1	Spiritual <ul style="list-style-type: none">• Example 1

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1. Detail a plan
2. Find a local partner
3. Lend mutual support over the next four weeks



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Webinar Evaluation

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- How can we improve this presentation?
- Please take a few moments to complete a brief evaluation survey once we log off today.
- Find the survey link in the Chat on your screen.
- Thank you for your feedback!

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What questions do you have?

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Stay Well and Thank You!

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May the stars carry your sadness
away,
May the flowers fill your heart with
beauty,
May hope forever wipe away your
tears,
And, above all, may silence make
you strong.



Chief Dan George

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Upcoming Webinar

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Conducting Community Assessments

Wednesday, October 28, 2020

3-4:00 p.m. ET / 12-1:00 p.m. PT

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