



Extending Wellness **in this time of great uncertainty - 2020**

- **Presence and navigating change**
- **Care capacity and community connection**
- **Resiliency & service wellness**
- **Balance and grounding**

A 3-part series for WA State AmeriCorps members

facilitated by “Care Capacity Coaches”

Jeff Birdsall, Danielle Fowler, Antonio Rodriguez, Ginlin Woo

Session #1: Wednesday April 29, 2020

Session #2A, 2B, 2C, 2D = May 6 and May 8, 2020

Session #3: Wednesday May 13, 2020

Register to join us!!!

<https://extendingwellness2020servewa.eventbrite.com>



Serve Washington

Changing Communities. Changing Lives.

Recognizing that the current global pandemic has created immense challenges for Washington State AmeriCorps Members not only in providing their service but also in navigating their daily lives, we strive to offer support for deepening self-care practices and strategies for being balanced, grounded and centered amidst change and uncertainty. As well, we hope to provide additional ways for Members to connect to one another and foster a network of relationships across the service community.

Goals:

- *Provide wellness learning and reflection opportunities to Members who have experienced service challenges due to the global health and economic crisis.*
- *Share different cultural practices to help work with challenge and change.*
- *Provide opportunities to connect and build community through shared learning and reflection.*
- *Model for other states a strategy to support members and address member growth, health and wellness using technology.*

Plan:

Provide 3 virtual events that are interconnected, build on one another and facilitate member-directed choices about facilitator voice, different strategies and diverse cultural perspectives.

First session: Online 90 minutes on Wednesday, April 29th – 1:00 PM to 2:30 PM

Join us in a 90 minute Zoom dialogue space where we can connect with each other to provide support, share self-care and wellness strategies, and build our care capacity drawing from cross-cultural perspectives and practices. Through small and large group sessions you will have the opportunity to reflect, share story and explore together along with our facilitation team.

Second Session: 60 minutes In-depth Choice Sessions (choose from A, B, C or D or any combination of smaller group Zoom sessions):

Practice and Reflection: Facilitators will lead small groups through learning, reflection and practice together. See descriptions and times below

Wednesday, May 6th

MORNING

- 10:00 – 11:00 AM - #2A: **Mindset Matters**
- 11:00- 12:00 PM - #2B: **Care capacity and community connections**

AFTERNOON

- 1:00 – 2:00 PM - #2A: **Mindset Matters**
- 2:00- 3:00 PM - #2B: **Care capacity and community connections**

Friday, May 8th

MORNING

- 10:00 – 11:00 AM - #2C: **Resiliency and service wellness**
- 11:00- 12:00 PM - #2D: **Begin with Balance**

AFTERNOON

- 1:00 – 2:00 PM - #2C: **Resiliency and service wellness**
- 2:00- 3:00 PM - #2D: **Begin with Balance**

Second Session Descriptions

❖ **2A: Mindset Matters – facilitated by Danielle Fowler**

Rooted in ancient yoga psychology and supported by modern science, participants will learn methods for working with their mind to navigate change in a healthy and helpful way. We all live with a habitual mind (mindset) that reacts in patterns primarily based on the past. Sometimes these patterns are helpful, sometimes they are harmful. Using time-tested techniques such as waking up the witness, encouraging the pause, setting intention and cultivating the opposite, we will explore our current mindset and determine ways to best shift perspective when needed. By the end of this session, you will have a handful of meaningful practices to establish a personal daily ritual to keep you grounded and focused.

❖ **2B: Care capacity and community connections – facilitated by Antonio Rodriguez** **Digital Community Care Fair!**

There's a rising belief that one of the most powerful ways to care for yourself is to find community to help do it with you.

Social distancing has made some aspects of this harder but it's also created incredible opportunities to connect with people that have never been available before.

This session will help VISTAS explore the wonderfully diverse, rich and exciting landscape of community care opportunities that exist online:

We'll share some of the best places to find **physical, emotional, spiritual, professional and psychological support**.

We'll consider the best practices folks are using to connect with one another.

We'll even point out some of the best parties!

❖ **2C: Resiliency and service wellness – facilitated by Ginlin Woo**

Attempting to effectively serve as an AmeriCorps member during the Covid-19 pandemic can often be off-the-charts challenging. Fortunately, our individual and collective experiences and legacies are ones of resiliency. This enjoyable and interactive one hour sessions invites members to join together to share resiliency reflections and strategies rooted in their diverse cultural backgrounds, to discuss service fatigue and trauma care, and to integrate wellness practices more intentionally to support their service commitments.

❖ **2D: Begin with Balance – facilitated by Jeff Birdsall**

Being balanced, centered and grounded amidst challenge and change can help us respond effectively rather than reacting wildly to the complex situations we are facing in our personal and community lives. Using simple T'ai Chi postures and movements we will cultivate our root, invigorate the health of our spine, and develop dynamic relaxation to help us move gracefully through these challenging times. T'ai Chi, an ancient Chinese moving meditation and internal martial art, exercises the body and mind, and the classics say that "those that practice regularly will gain the pliability of a child, the vitality of a lumberjack, and the peace of mind of a sage." We will connect the principles and practice of T'ai Chi and other mindfulness activities to your own wellness practices to see how they might inform or deepen these or provide new ways and tools to utilize in your daily life.

Third Session: Online 90 minutes on Wednesday, May 13th – 1:00 PM to 2:30 PM

Join us for a 90 minute Zoom dialogue space where we can re-connect for wellness reflection and resource sharing. Through small and large group meeting spaces we will share our week 2 in depth experiences across groups. We will have an opportunity for resource sharing as well and doing next steps planning, deepening our community care capacity by carry our learning forward for ourselves and our community.



CARE CAPACITY COACHES: Danielle, Jeff, Gin, Antonio

- Experienced community and national service alums and facilitator/trainers
- Long time Members of the Corporation for National and Community Service Training Team
 - Enthusiastic lifelong learners and teachers