



EXTENDING WELLNESS 2021

Join us for 4 weeks of wellness, comfort and care!

Goals:

- *Provide wellness learning and reflection opportunities to Members who have experienced service challenges due to the global health and economic crisis.*
- *Provide opportunities to connect and build community through shared learning and reflection.*
- *Share different cultural practices to help work with challenge and change.*

Recognizing that the ongoing global pandemic has created immense challenges for Washington State AmeriCorps Members not only in providing their service but also in navigating their daily lives, the Extending Wellness series strives to offer support for deepening self-care practices and strategies for being balanced, grounded and centered amidst change and uncertainty. Of equal importance is the commitment to provide additional ways for Members to connect to one another and strengthen relationships across the service network community.

Week 1: Opening Session: Tuesday April 27, 2021, 10:00 – 11:45 AM, PDT

Week 2:
A: Calm the Commotion – May 4, 1:00 to 2:15 PM, PDT
B: Care Capacity and Community Connection – May 5, 1:00 to 2:15 PM, PDT
C: Cultural Resiliency and Service Wellness – May 4, 10:00 to 11:15 AM, PDT
D: Begin with Balance - May 6, 10:00 to 11:15 AM, PDT

Week 3:
A2: Calm the Commotion - May 13, 10:00 to 11:15 AM, PDT
B2: Care Capacity and Community Connection - May 11, 10:00 to 11:15 AM, PDT
C2: Cultural Resiliency and Service Wellness - May 13, 1:00 to 2:15 PM, PDT
D2: Begin with Balance - May 12, 12:00 to 1:15 PM, PDT

Week 4: Closing Session: Tuesday May 18, 2021, 10:00 – 11:45 AM, PDT

Join us by registering for the Opening Session;
 information for attending the remaining sessions to follow!!!

<https://forms.gle/6XmQrwsvxQiDn5Er8>



Sessions Facilitated by 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*



Session Descriptions

Zoom Opening Session: Online 105 minutes on Tuesday, April 27, 2021 – 10:00 to 11:45 AM

Wellness check-ins, deep breathing practice, opportunity thinking and mindful practices discussion, as well as an opportunity to preview Week 2 and 3 “choice sessions” and join in some creative reflection makes up the list of offerings of this first session in the series.

Week Two and Three “Choice Session” Descriptions

- ❖ **A and A2: Calm the Commotion – 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.

- ❖ **B and B2: Care capacity and Community Connections: Digital Community Care Fair! – facilitated by Antonio Rodriguez**
Care Capacity and Community connections - 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 practices to find physical, emotional, spiritual, professional and psychological support. We'll consider the best practices folks are using to connect to one another. We'll even point out some of the best parties!

- ❖ **C and C2: Cultural 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 cultural legacies are ones of resiliency. This enjoyable and interactive session 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.

- ❖ **D and D2: 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.

Zoom Closing Session: 105 minutes on Tuesday, May 18, 2021 – 10:00 to 11:45 AM

The series culminates in a celebration of resources, conversations shared, an opportunity for enhanced networking, joint problem solving and dialogue about ways to continue promoting wellness, comfort and care for Members who are serving.