

STRESS RELIEF

IN TIMES OF CRISIS

A COLLABORATION OF HEALING

INTRODUCTION

Welcome to this resource.

After this introduction page and the following table of contents, you will find a collection of self-care practices to support your nervous system during these trying times. We hope these practices will be a resource for you, your families, and your communities. Please know that everything offered here is an invitation. You know yourself best, and you are at choice to take what works for you and leave the rest, opt out of or pause any practices that dysregulate you, and make any changes so that the practices meet your needs. We encourage you to make the choices that best take care of your needs, trust your inner wisdom, and reach out to community and kin if you are feeling overwhelmed. May these practices ground you in these tumultuous times. May these practices nourish you, resource you, and remind you of your center.

We are all healing together.

Let's begin.

TABLE OF CONTENTS

BREATHING, GROUNDING, & CENTERING

1-13

CO-REGULATION & CONNECTION WITH HUMAN & NON-HUMAN KIN & ANCESTRY

14-17

HERBS

18-20

SPIRITUALITY & WITCHCRAFT

21-25

CREATIVITY, FUN & PLAY

26-27

FOOD, YOUR BODY, & MOVEMENT

28-29

ADDITIONAL RESOURCES

30-32

COMMUNITY CARE

We believe in the magic of community care.

As such, access to this resource will remain free to ensure that all folx may benefit from it.

However, if financially able, donations can be made via Venmo/Cashapp to @healingembodied and via PayPal to healembodied@gmail.com

All funds will be redistributed to the collaborators who're most in need.

Thank you!

BREATHING, GROUNDING, & CENTERING

If anxious, slow down. The energy of anxiety and panic is very fast. Slowing down the body, even consciously walking slower, moving slower, etc, can be very helpful. Anxiety energy is dry, cold, quick, light -- do things that are warm, slow, wet -- hot tea, feeling the cup in your hands, weighted blanket, physical touch connection (having someone safe place their hands on your kidneys can be really, really nice).

Sensation. When washing your hands, be very aware of physical sensation. The warm water on your skin, your fingers as they rub against each other, the soap squishing, the feeling of contact. Take a few deep breaths and try to breath all the way down into your pelvis, if that feels accessible.

Touch. Using either your own hands, or asking a loved one, utilize touch on specific places on your own body. Feeling anxious and spacy? Try touching the outsides of your arms or your thighs. Feeling panicked? Place your hands over your kidneys (in

your midback, just below your ribs). You might also experiment with squeezing large muscle groups (like your forearms) with an amount of pressure that feels good to you. This self-touch can soothe your nervous system, and remind you of your body when you are feeling disconnected or dissociated. You might also find it soothing to hold your heart, just placing one soft palm on your chest and perhaps saying some soothing words as you make this gentle contact. Self-hugging can also be soothing by placing your right hand between your upper left arm and your torso, then crossing the left arm over the right and holding your upper right arm with your left hand, then just hold and breathe as deeply as possible.

Shaking your body. As it feels good to you, shake any part of your body that wants to move. When we are feeling activated and hyperaroused, shaking our body can aid in the release of stress hormones. When we are feeling dissociated, shaking our body can help enliven us. The shakes can be big or small. You might start just by wringing your hands, and you might work up to shaking your whole body like

a dancing Peanuts character. Every so often, check in with your breath as you are shaking. And if it feels right, you can brush off your body after the shaking, energetically imagining anything you shook loose being returned to the earth.

Grounding. Works for both hypo/hyperarousal: sit or lie down on a comfortable surface. Beginning at the top of your body, notice how your head feels leaning against the surface; move down your body to your neck; then your shoulders, back, etc., until you've moved all of the way down the body. Notice how your body is held by the couch/bed. Notice how the couch/bed is held by the floor, and how the floor is held by the structure of the house, and the structure of the house is being held by the earth below. This is a reminder that, no matter what happens, you are being held.

Hypoarousal and pain flares more specifically: chronic pain flares are a great signal that the submit/collapse response has been activated. It's as though the body is literally trying to stop us from moving. Some things that help with this:

a bath with epsom salts, lavender, and rose petals (or just epsom salts if you have; but really just hot water in general); hot water bottle; clothes with soft fabrics; titrated movement (i.e. wiggling the toes, rolling the shoulders, opening and closing your palms).

Talk to your nervous system. Either out loud, in your head, or you can write a letter. Here are some kind words you can say to your nervous system. Feel free to make these your own (care of Jess Jackson).

dear nervous system,

thank you. thank you for protecting me in any way you knew how. i know you are still protecting me, in each moment. in some ways i still need, & some i don't. nevertheless - thank you. i'm here for you, the way you've been for me.

love,

Me

Soothing self talk for your nervous system:

i hear you, i see you, i'm with you.

thank you for protecting me.

i've got us. (with an optional hand on your heart)

i'm listening. what would you like to share? (you might even journal the response)

we are here for each other.

let's take a break - this is self care, too.

Orient to your surroundings. When you are feeling anxious, hyperaroused or disassociated, orienting to your surroundings can be soothing. If it feels accessible to you, you can gently turn your head (or move your eyes) and gaze around the room. You might notice and name out loud what you are seeing, perhaps naming everything you see that is a certain color. Naming what you can see can be especially helpful if you are feeling dissociated - this can help gently reconnect you with your brain. You can also orient to your surroundings by noticing what you can: feel, hear, touch, and taste. It might be helpful to bring your attention between noticing what is in your surroundings and noticing your body in this space.

Focus on the glimmers. We're all pretty familiar with triggers, but perhaps less familiar with glimmers. Glimmers are the things that light us up and activate our ventral vagal nerve. The nice things. The comforting things. One activity you can do is look around your apartment and name the objects that bring you joy. Maybe these objects are connected to a particular person that you love, so extra glimmer potential there. If movement feels possible, pick up the object, hold it in your hand, concentrate on the texture. If movement isn't accessible, narrate the object: what colour(s) is it; what shape and size? Who gave it to you? Where did you find it?

In whatever manner is accessible, make space for gratitude for how we have learned to survive. Our stress responses, our survivor reactions, are not shameful. Despite the undeniable cost that comes with them, both for our internal, external, and spiritual realities, they exist for a reason and those reasons are nothing short of valid. When we are faced with any form of stressful stimuli, these innate survival reactions rise to meet us to protect

us and our lived experiences (and own autonomous proximity to privilege) further direct how we can either partner with them and/or become subconsciously influenced by them. Turning our energy, both autonomously and within our community co-regulation/care, towards accessibly honouring the ways in which survival does provide us a service has been influential in my [Skyler's] work. Particularly because it aids us in uncovering the ways in which self-compassion can exist even in the midst of utilizing our survival toolboxes, moving us away from shame and into softness, even if we cannot yet sustainably modifying the ways we've been demanded to endure pain.

Sometimes, although it may feel counter-intuitive as trauma-informed practitioners, the most gracious thing we can do for ourselves and one another is allow our survival mechanism to exist without fighting against them. Instead, when these additional stressors have past, they may act as boundary-identifiers later on in our self-healing/community healing work. Informing us of

how/when our powerful bodies are educating us on a more trauma-informed way of life that doesn't exclude/eradicate survival, but rather offer gentleness to take up root alongside it. Forcing/demanding healing when the formidable power of our survival instinct is more activated is the opposite of what true trauma-informed self-care and community care looks like. We are not in this work to assimilate into the way that Western capitalism, colonialism, and white supremacy applaud/legitimize, we are here to exhume new life without denying the darkness that will always exist beside the light.

Humming. Humming is a really gentle way to stimulate the vagus nerve and may be an accessible way to activate the parasympathetic nervous system whilst watching a calming show, listening to music, co-regulating with blankets, animals, partners, your own skin. It is non-invasive, autonomously practiced (but can be practiced as a co-regulation exercise in community), and doesn't require excessive energy. Humming can also be amplified by engaging in "bee breath", which helps

reduce other sensory stimulation (if this is a safer or comfortable option for you). You can do this by sitting comfortably with a tall spine, use your thumbs to plug your ears and then using your fingers to cover your eyes, letting your shoulders fall down my back and elbow release in the direction of the floor and in toward your torso as much as possible. Then inhaling through the nose, if possible, and humming one long, loud note for as long as possible. Repeat as many times as needed.

Breathing techniques (all can help calm and regulate the nervous system):

- **4-7-8:** Exhale fully. Inhale through the nose for the count of 4. Hold the breath (if possible) for the count of 7. Exhale out the mouth for the count of 8. Repeat as many times as you'd like.
- **Cleansing breaths:** Exhale fully. Inhale through the nose, if possible. Exhale long and slow through the mouth (should be audible and might sound like an ocean wave or like fogging up a mirror). Repeat as needed, but do at least three, if possible.

- **Diaphragmatic/belly breathing:** Can be done sitting, standing, or laying down. If this is new to you, laying down is often the easiest way to engage with this breath. Place one hand on your belly, one hand on your heart. Exhale fully. Try to breath in and out of your nose, if possible. Work to get your belly hand to move as much as possible, breathing deeply in, filling as much of the lung and belly space as possible, and then exhaling fully releasing as much of the lung and belly space as possible. Repeat as needed.
- **Alternate nostril breathing** (also helps balance energies in the body): You will want to be able to cover each side of your nostrils individually, so find a way that feels comfortable. I like doing this by holding my right hand to my face, placing my thumb on my right nostril and my index finger on my left nostril. Any hand variation will work. Exhale fully. Press your right nostril to close it and inhale fully through your left nostril. Press your left nostril to close it, release your right nostril, and exhale fully through your right nostril.

- Inhale fully through your right nostril. Close the right, open the left, exhaling and then inhaling through the left. Close the left, open the right, exhaling and then inhaling through the right. Repeat as many times as you'd like and finish by exhaling through the left nostril.
- **Breathing techniques with binders:** all breathing techniques can be done by individuals wearing binders, but this may limit one's ability to breathe deeply, especially into the lung space. If in a safe space where not wearing a binder is safe/comfortable/possible, attempt breath work without a binder. If you prefer to wear a binder or are in a situation where you are not comfortable or able to not wear a binder, the "diaphragmatic/belly breathing" technique can be a really helpful one to use on its own or combine with others, as often breathing into the belly is more accessible when wearing a binder.

When breath-work is not accessible, maybe hand-work is. One of the most powerful tools my [Skyler] first therapist ever invited me to curate was the act of surrender/parasympathetic nervous system activation through the exercise of turning my clenched hands to the sky, and overtime releasing one finger till my palms were open and relaxed. This work takes work, and often releases grief. Therefore I place it in the: "Only if it feels mentally, emotionally, spiritually, and is physically accessible column." It is a tangible way for my inner-children to witness that if my body consents to turning over my wrists, unclenching my fists, and opening my palms to the sky...maybe, despite what my the alarm system blaring inside me is telling me, there is also tangible safety present. We do not feel what we must until we are safe; this includes feeling unsafe. Thus, witnessing my palms release to the sky informs my adult mind that they are now able to work towards holding space for the unsafe inner children within us, and we can work towards co-regulating together through active self-belief and self-compassion.

Body Movements:

- **Legs up the wall:** get your body as close to a wall (headboard, etc.) as possible and turn sideways taking your legs up the wall (your body will look like an L-shape with your legs up the wall and head away from the wall). This can help reduce anxiety, calm restless legs, help with insomnia or difficulty sleeping, etc. Can be held for as long as needed, but be aware that legs might feel tingly, numb when coming out of this position.
- **Child's pose:** from standing on your knees/shins, take your feet together and your knees wide. Then rest your torso in between your legs, drawing your hips back toward your heels. Take your forehead to the floor or place something under your forehead if it does not reach the floor. Arms can be extended out in front of you or rest along your sides with your hands back toward your feet. This can help ground and center the body/mind. Can be held for several minutes.

CO-REGULATION & CONNECTION WITH HUMAN & NON-HUMAN KIN & ANCESTRY

Connect with others in person or online as able. Online connection with: sharing a gaze, checking in, breathing together, etc can be very helpful. In person, check in on consent but touch as co-regulation can be very useful - hugs, sitting next to each other, holding each other, parallel activities, etc.

Co-regulate. Co-regulation is the process of co-creation, the art of attuning ourselves to one another's rhythms, and building a shared sanctuary together. You can do this with animals, other humans, or with nature. If you have endured insidious violence from fellow humxns, you might find it harder to co-regulate with other folx. If you have access to nature/animals, co-regulating with them is often far more gentle to your nervous system.

- Place your hand on your pet and pay attention to the movement of its body as it breathes in and out.

- Look at the trees and watch how their leaves move with the wind.
- Go outside and pick up snow or dirt, depending on the season, and hold it in your hands.
- Be with the land and feel the land under your feet, not as a way to ask for anything but as communion and co-regulation. This can also be a helpful grounding technique by spending time being barefoot directly on the dirt/ground when and if possible.

A coregulation practice for use with others. Sit either facing each other or back to back. If at a distance, sit with each other over a video feed. Keep your eyes soft and toward the floor, or close them. Take a moment to each note how your body is feeling, sensations that are present and where they are located. Then take a couple of deep breaths together, inhaling and exhaling. If in person, you may want to hold hands, hug, or touch in some way after this. At a distance, maybe take a moment to smile with each other. Note your gratitude for one another and maybe speak this to each other.

Connect with ancestors. Light a candle. Call upon your ancestral line - those who will be helpful and beneficial in assisting you. Call them to your aid. Note what images, sensations, feelings, thoughts, sounds come to mind. Write them down. Journal. Feel your support with you. Create an ancestral altar or space to honor them daily. Engage with the altar by talking to your ancestors, offering small gifts/tokens/food, etc.

Boundaries. A boundary is a way of understanding what we want, need, like and dislike. they are present in every area of our lives and can support us in creating healthy relationships. Boundaries are not the same as walls. they are the space between you + me that enables us to stay connected. In times of crisis, it is important as folks who feel deeply and desire to help that we are also aware of our own boundaries. Managing our energy and space is vital so that we can continue to do work that is meaningful for those we care about. If you are noticing exhaustion, feeling weepy or overwhelmed, overstimulation, general irritation and anxiety, these are good times to enact some

boundaries. Boundaries can look like:

- "I'm sorry, I need some time alone for a bit to recharge. I'll be back in x amount of time."
- Not going on social media for a few hours to allow your system to recharge.
- Not checking in on news.
- Setting a time limit for scrolling.
- Letting folks know "I would like to connect but only have an energy for a quick text."

It's one thing to learn how to assert your boundaries, but it's another to be able to hear someone else's boundaries without freaking out. Here are some steps.

- Pay attention to your feelings with self compassion.
- Recognize that another person's "no" is theirs and isn't about you.
- Communicate that you understand. You could say, "thank you for sharing your boundaries with me. It's important for me to know what feels supportive and what doesn't."

HERBS

Favorite herbal allies in this time:

- Stinging Nettle (*Urtica dioica*) for overall resilience and nurturing
- Red Raspberry Leaf (*Rubus idaeus*) for support of nurturing qualities and for blood health
- Elderberry (*Sambucus nigra*), Ashwagandha (*Withania somnifera*), and Garlic (*Allium sativum*) for immune system support
- Rosemary (*Rosmarinus officinalis*) is antiviral and protective
- Peppermint (*Mentha piperita*) is great for calm
- Ginger (*Zingiber officinale*) is very helpful for grounding
- Lavender (*Lavandula spp*) for calm (contraindications for folx on sedatives such as barbiturates and CNS depressants, as well as chloral hydrate)
- Turmeric (*Curcuma longa*) for inflammation reduction (contraindications for folx with gallstones, bile duct issues, blot clotting issues/bleeding disorders, diabetes)

- Astragalus (*Astragalus membranaceus*) is an incredible plant for immune system and is an adaptogen as well. It can be taken as an infusion, a tincture, you can chew on the root or even add it to soups and oatmeal. It can be combined with echinacea (*Echinacea purpurea*), another powerful immune system supporter.
- Osha (*Linguisticum porteri*) is a wonderful plant that helps with lung health. You can chew on the root, take it as a tincture or add it into your tea blends. It is important to stop using it if you notice a fever coming on. In that case, switch to thyme (*Thymus vulgaris*), cinnamon (*Cinamomum verum/cassia*) and purple bugambilia (*Bugambilia spectabilis*) infusions.
- If you are a smoker, now may be a time to look to herbal cigarettes instead of commercial ones. A blend of osha (*Linguisticum porteri*), mullein (*Verbascum thapsus*), sage (*Salvia officinalis*), rose (*Rosa spp.*) and rabbit tobacco (*Gnaphalium obtusifolium*) is nice and helpful to the lungs.

Nervines. Skullcap (*Scutellaria lateriflora*), Blue Vervain (*Verbena hastata*) and Vervain (*Verbena officinalis*), Lemon Balm (*Melissa officinalis*). Skullcap and Vervain should NOT be used during pregnancy. Nervines work on the nervous system to calm and regulate. They are also very bitter, so be aware. You can get nervines as a tincture at most health food stores and online (HerbPharm has Skullcap tincture, Bach has Blue Vervain). If you have access to dried versions of these herbs, you can look up online how to prepare. Here are a few suggestions:

Ways to prepare herbs. If you have the dried versions of herbs, you can prepare as tea, infusion, decoction, adding to food. Infusion just means letting the herbs sit in water for a longer time, several hours instead of a few minutes.

Consider supporting your local herbalists. Many folks are losing income sources due to the virus. In Tucson (or by mail order), @wolfberryapothecary has access to herbal support at sliding scale prices.

SPIRITUALITY & WITCHCRAFT

Utilize sigil magic. @blood.moon.bruja on Instagram has some incredible sigil work available for both free and a small fee.

Protection. Salt is a cheap way to enact magical protection over your house - sprinkle in doorways and along walls. Rosemary is widely available and can also be used as magical protection - place above doorways or burn as smoke cleansing. It is also antiviral and can be used as a tea. Cinnamon can also be very protective and burned in an incense (if available for purchase), added to candles, or put in windows/doorways. Cinnamon/cinnamomum verum can also be very protective and burned in an incense (if available for purchase), added to candles, or put in windows/doorways **Cinnamon can be toxic for cats if they are exposed to high quantities so use with caution.

Daily ritual. Having a daily ritual is both useful in terms of connecting with greater power, as well as having something regulating when self isolating. In constructing a daily ritual, create things you know you will do. Maybe you start your day with a cup of coffee and journaling. You could light a candle, hold intention, and ground/meditate for 5 mins. Daily cleansing of space through smoke cleansing, energy clearing, or even just sweeping your floor can also be a great daily ritual. @archaichoney on Instagram has an excellent free resource on creating a daily witchcraft practice if you sign up for her email list.

Here's one suggestion for a ritual on abundance from Margeaux. It's not necessary to have all of the ingredients below. Ritual works no matter what objects you have at your disposal.

- Ingredients: Cedar to help cleanse the energy in our ritual space. Lavender to soothe and calm us as we shift old patterns and centre ourselves. Green candle for welcoming our inner abundance. Citrine, known as the abundance stone, to ward off the negativity of others.

- Quartz crystal to energize and transmit our magical energy.
- Clear the energy in your space of ritual by lighting the cedar and then light the candle. Hold the stones in your hands as you set this intention:
 - "I can hold an open palm in times of change and upheaval. My passion and abundance cannot be threatened. I have everything I need to move through this change inside of me."
- Integrate your intentions by using the lavender. You can add it to a hot bath with epsom salts, or drink it as tea by adding it to hot water.
- Place stones in a place where you could use the reminder that you are abundant and resourced.

Stone/Gem Work. Have rocks/stones/gems and a bowl of water accessible. Take a rock and place it in your hand. Tell it about your stress, anxiety, whatever you'd like to be free of or release (either internally or out loud). Then place the stone in the water to let it wash off and release it all away. Dump the water somewhere with intention when finished.

Herbal Water. Need a dish of water and access to plants. Collect herbs, flowers, or things that you find joy in the scent of (just walking my neighborhood I can collect rosemary, sage, etc.) Be sure to thank the plants as you pick them and work to infuse them with whatever you want/need (a sense of calm, etc.) Then place them with intention into a bowl of water infusing them with that intention. You can then use the water to sprinkle yourself with, sprinkle around your house, or put in a jar/bottle to continue to use as needed. Can be done as often as needed. Herbs and flowers can be buried with intention after use.

Burning. You'll need paper, pen/pencil, a firesafe container, and a lighter or match. Write whatever you'd like to release on the paper. Then burn the paper in your firesafe container in a safe, well-ventilated location. You can either bury the ashes OR dump them at a crossroads. If dumping at a crossroads, be sure you do NOT look back and do not travel through that intersection for as long as possible, to let the energy be fully released.

Prayer. In many traditions prayer/calling upon a Higher Power/Powers can be a helpful practice in times of great distress. If this is part of a tradition you practice, prayer can be of great comfort. Perhaps setting a reminder of praying while doing certain activities -- while washing your hands, cleaning dishes, etc.

CREATIVITY, FUN & PLAY

Access play: when we are under additional duress, finding ways to accessibly play is a powerful tool we can utilize to partner with the grief, fear, pain, confusion, exhaustion, and isolation. Whether IRL or URL, play invites us into a different plane state of being, if only for a moment. Breaking up the valid sympathetic activation like a massage, play and laughter invite healing into the spaces of tension. However, also like massage, re-entering survival after play is tender and deserves gentle after-care. So, be sure to have resources to support that.

Art therapy. Creating art activates our ventral vagal nerve, which is what allows us to be present in the moment and re-establish feelings of safety. Collage is simple and easy. All you need is a magazine, scissors, and a glue stick. And all you need to do is start cutting out images that speak to you. A collage prompt that you can use is: "What is the state of my heart in this moment? How would I like my heart to feel? What does my heart need?"

Do something funny, fun, lighthearted.

Exchange memes, send sexy pics to your sexy pic group chat, laugh, dance, find a colouring book and grab some pencil crayons.

Zone out when possible. Watch Netflix, read a book, call or text someone you like talking to, flirt over text, read manga, watch anime, play video games.

Do something fun. Is that recording a new karaoke song? Taking a bath? Researching interests? Creating a new dating profile? Drawing art on your body? Baking? Whatever it is, do it, and let yourself be immersed in it. Fun is medicine.

FOOD, YOUR BODY, & MOVEMENT

Practice intuitive eating & body trust. Give yourself unconditional permission to eat whatever is accessible to you. Work on centering pleasure and satisfaction in terms of your food choices. Practice awareness around the “dieting-mind” and “inner critic” that may be putting your food choices into black and white boxes of “healthy/unhealthy” or “good/bad”. Food has no moral value and practicing taking away the judgement we have towards different types of foods is a great step in working to heal your relationship to food.

Give yourself permission to stress eat. Give yourself full permission to soothe with food. Coping with food is not a “bad” thing. In a fatphobic culture where stress eating is associated with weight gain or being in a bigger body, stress eating is often vilified. The truth is that all the ways in which we cope are rooted in wisdom. If you need to stress eat, hold yourself with compassion and know that you are not “bad”, you can trust your body.

Remember: binging or eating past fullness are normal and adaptive responses to food restriction. Many of us may be experiencing shortages of food, inability to access food, or to purchase food. When food is not readily available, our mind and body go into “famine mode” and we subconsciously, or consciously, go into a place where we may spend a lot of time focusing on, thinking about, or eating whatever food is available. This is our body preparing for a food shortage. Once food becomes available, we tend to swing over to “Feast mode.” In feast mode, we may notice ourselves eating past fullness, eating in a “panic”, eating quickly, or eating in a way that feels almost animalistic. This is your eating as much as possible to prepare for the next famine. This is all normal and again, an adaptive response to inability to access food.

Diversify your social media feed. This is a great time to follow more diverse folx on instagram, tik tok, or other social media. Exposure to diverse bodies actually increases our own personal levels of body shame. And, you’re helping to support the work of oppressed creators. It’s a win-win!

ADDITIONAL RESOURCES

ONLINE RESOURCES

- [WILLING TO HELP IMMUNE COMPROMISED PPL IN NEED](#) - Google Doc for support by [Indigenous Resilience](#)
- [Portland Oregon Community Care Form](#)
- [Blog Post from Susan Raffo with resources](#)
- [Mia Mingus POD mapping exercise](#)
- [Tucson COVID-19 Mutual Aid Volunteer Sign-up](#)
- [Resources for Trans Folx during COVID-19](#)
- [Freelancers & Community Resources 2020](#)
- [COVID-19 Freelance Artists Resource](#)
- [Best Body Positive Instagram Accounts](#)
- [Diversity is a Good Thing](#)

PODCASTS & MEDITATIONS

- [Healing Justice Podcast](#)
- [Safe Place Meditation](#)
- [Sky Earth Body Meditation](#)
- [Guided Body Scan Meditation](#)
- [Grief Somatic Healing](#)
- Other meditation apps: Calm; Shine; Headspace; Insight Timer

INSTAGRAM POSTS & ACCOUNTS

- [@Hoodherbalism](#) - A BIPOC Community Herbal Education Project
- [@among_the_wildflowers](#) - Dr. Jacqui W, ND⊕
- [@traumaawarecare](#) has a compiled gif on their feed as well as a course for gentle work in the body that would be useful resources during this time
- [@wolfberryapothecary](#) has herbal support easily available to Tucson and widely available for shipment elsewhere.
- [@trauma.sensitive.mindfulness](#) shared an IGTV video where he highlighted the wisdom in our coping responses, and a regulating breathwork exercise
- [@softpathhealing__](#) has an IGTV about coronavirus and supporting our stress response cycle
- [@the_queer_counselor](#) - coronavirus and mental health
- [@findingmorgantylor](#) - offering local Louisville KN support@ihartericka - thread support for Black freelancers impacted by virus closures

INSTAGRAM POSTS & ACCOUNTS CONTINUED...

- @itswalela - Thread support for immune suppressed folx
- @Mama_Maiz - Ancestral Medicine for the Body and Spirit: herbal resources
- @thecomradecloset - 7 ways to start undoing ableist capitalism in the everyday - and in times of crisis

HEALING COLLABORATORS

Tai Chou-Kudu (she/her) is a Craniosacral worker, a twin, a young poc living in New York City striving to bring Craniosacral work to qtpoc communities. Tai also loves herbs (especially nettle!), holistic remedies, trees, cats, and music/art. She believes in the ability of humans to heal trauma and get back into flow and connection with the Earth, animals, and one another. She believes in harm reduction via somatic tools during times of chaos and difficulty. She has some of these tools readily available for free for all who feel the need to find the calm in the storm.

Contact: IG @felineforestmedicine

Email: craniowithtai@gmail.com

Margeaux Feldman (she/her) is an educator, writer, and community builder whose research, teaching, and writing focuses on trauma-informed approaches to care in educational and community spaces. Margeaux is a femme witch, trauma bb, and sick babe living with fibromyalgia. She's been deep in somatic therapy for the past three years, and has written widely on somatics and polyvagal theory as integral to her healing journey. She's also a big believer in transformative justice and offers trauma-informed conflict resolution workshops that centre community accountability and care.

Contact: IG @margeaux.feldman

Email: margeaux.feldman@gmail.com

Website: www.margeauxfeldman.com

Jess Jackson (she/her) is a trauma-informed bodyworker (LMT) focused on somatic processing, nervous system nourishment, and accessible bodywork. With a background in youth and family services, Jess brings an attachment based lens to her work. She's invested in actively disrupting the harmful dynamics in healing communities (such as spiritual bypassing and victim shaming) and supports bodyworkers in creating trauma-informed practices to best serve folx who deserve safe and healing touch.

Contact: IG @softpathhealing

Email: softpathhealing@gmail.com

Website: www.softpathhealing.com

Haley Jones (they/them) is a student counseling intern focused on working with folx dealing with eating disorders, disordered eating, & relationship to their body, food, and movement. Haley practices from a trauma-informed, radical social justice, anti-fascist, anti-capitalist, fat positive, anti-white supremacy, health at every size, intuitive eating, pro-disability justice, and relational framework. To support Haley's work and for access to workbooks on trauma, relationship to food, and boundaries, check out their patreon at

patreon.com/thequeercounselor

Contact: IG @the_queer_counselor

Email: Haley@benourished.org

Website: thequeercounselor.com

Sarah Maaske (they/them or she/her) is a queer, femme human who uses their background in social work to hold trauma-informed, queer-centric spaces for healing. They believe that wellness is a right, not a privilege, and that wellness resources should be available and accessible to all folx.

Contact: IG @sarahmaaskeyoga

Email: sarahmaaske@gmail.com

Tlazolteotlemoyotl (she/her). We are many things in many moments and primarily we are ever-changing beings. Tlazol is currently an educator, farmer, artist, herbalist, ecofeminist, doula and midwife. She practices the traditions of Anahuac, of Abya Yala. Tlazol believes in the sharing of information, in trying to establish true autonomous ways of living, and in the empowerment of the people to truly know, respect and love themselves so that we may truly know, respect and love each other, the earth, the animals and the plants. By confronting the darkness, may we all find the light. By searching for balance, may we all experience healing.

Contact: IG @tlazol_tlemoyotl

Email: tlazolteotlemoyotl@gmail.com

Skyler Mechelle Weinberg (they/them, she/her/hers) is an 18-year childhood incest and sex trafficking survivor working their way to becoming a professor of history. Through my advocacy work, I educate, hold space for, and invite trauma-informed discussion around the residual impacts of abuse on the survivor body. I personally struggle with a disabling genetic neurological disease that was triggered 13 years ago due to the demands on my sympathetic nervous system, and my discussion on the correlations between childhood abuse and autoimmune disease is rooted in that lived experience.

Contact: IG @skyler.mechelle

Email: skyler.mechelle.weinberg@gmail.com

Website: www.skyler-mechelle.org

Laurie Works LAC, MA, NCC (xe/xer/they/them) is a somatic therapist (Sensorimotor psychotherapy trained) and embodied witch. Xe works specifically with individual, cultural, and ancestral trauma with a particular focus on queer and trans folks. They are focused on radical, anti-oppressive work that is accessible, with awareness of systemic, kink, polyam dynamics, and alternatively structured ways of work and being in the world.

Contact: IG @healingembodied

Twitter: @laurieworks

Email: healembodied@gmail.com