

UU Church of the Larger Fellowship and the UU Trauma Response Ministry hosted a webinar about resiliency in traumatic times. Once the recording is available, I'll share that, but wanted to offer this tool right away: a Personal Resilience Plan.

Think of the five realms of being as you answer (Cognitive/Thinking, Emotional, Behavioral/Social, Physical, Spiritual). Find practices that touch on as many of these five as possible.

--Two things to do when it's really bad (acute distress, to steer away from dysfunction)

--Two things to do when it slows down

--Two things to do when things are okay/good

Also, find an accountability buddy: someone you trust, who can check in with you and help keep you on track with your plan.

While much of what we talked about was meant for adults, having a plan like this would also benefit our children and youth. Perhaps for them such a plan could include snuggling a pet or stuffed animal, talking with a trusted adult, or practicing some of the breathing meditations they've learned at UUFrederick.

I've put yoga in each part of my own plan, emphasizing where and how often, depending on the level of distress. I included two daily meditations for when things are bad and include chanting/drumming, sitting meditations, and labyrinth walks among meditation options. Will look for a spiritual director too for when things slow down and when things are okay/good (need to get my focus back first!).

I know many of you are taking action politically; that can also be part of a resiliency plan! Research and understanding are part of my resiliency plan too.

Breathe deep, my friends. As Parker Palmer writes: We are ALL in this together.

*In peace and power,*

*Lora Powell-Haney, Director of Religious Education*