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ACKNOWLEDGING OUR GRIEF

Are you emotionally exhausted? I know I am. May brought us so much emotional pain with multiple mass shootings, the war in Ukraine, the attack on women's rights and LGBTQI+ rights, and our overall sense of safety. We all experienced grief as a collective as we watched the families grieve their loved ones on tv. We also grappled with the loss of safety regarding our decision making over our bodies, who we love and our sexuality. It's exhausting and painful, emotionally and physically- it's grief. It's important for us to validate our feelings and honor where we are emotionally including all the difficult feelings that come attached to it- anguish, rage, sadness, confusion, loneliness, helplessness, hopelessness...— the knot of feelings stuck on our throats or stomach that makes it hard to breathe, eat and relax. We have to unravel the knot full of emotions to move through the process of grieving, and move forward. That will then allow us the energy to come up with an action plan to address the issues at hand and find meaning and purpose in our living. I was lucky enough to stumble on a presentation David Kessler, an expert on grief and loss, gave a few days ago and he shared 6 elements we need when we are in grief. I am so grateful for that information because it can help us understand and cope. I list all 6 elements on the next column in hopes that they are helpful to you in understanding and learning how we grieve. These 6 elements could also serve as a guide to let us know how we are moving through our own grieving process as well as to help others move through their own grieving. Thus, when you read them take inventory of which ones may need more attention and brainstorm ways to help meet those needs that are not being addressed yet. David Kessler's website <https://grief.com/free/> has amazing free resources including videos, and coping tools. Go check it out.

Collective grief requires collective grieving so please know you are not alone in your journey and there are resources out there to help us in this very personal process. Remember that we all go at our own pace when it comes to grieving and it's ok if our grief looks different than others.

 Marilyn Mejia-Peña, LCSW

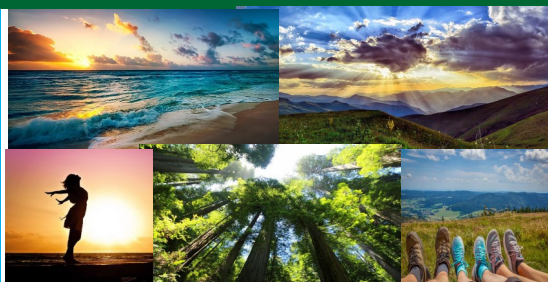
“What we run from pursues us, and what we face transforms us.” David Kessler

6 ELEMENTS WE NEED WHEN GRIEVING

1. Our pain must be witnessed
2. Need to express our feelings
3. Need to release the burden of guilt
4. Need to be free of old wounds
5. Need to integrate pain and love
6. Not stopping at acceptance but Finding meaning in us and what we do after the loss (living again)

LET'S CELEBRATE LGBTQIA2S+ PRIDE

HEALING POWERS OF NATURE



Did you know that being out in nature helps:

- Lower Blood Pressure
- Increase Feelings of Awe that helps increase kindness and joy
- Combats inflammation
- Promotes Cancer Fighting Cells
- Decrease Symptoms of Depression and Anxiety
- May Help Symptoms of ADHD

So get outdoors this summer. Explore the beautiful mountains, beaches, lakes, rivers, trails, waterfalls, giant sequoias, or just sit under a tree to watch the birds and other creatures around you to absorb the healing powers of being in and with nature.

HAVE AN AMAZING SUMMER!

UPCOMING EVENTS

What you must know when working with clients impacted by Intimate Partner Violence (IPV)

Instagram live

Wednesday June 15 at 11:00 a.m.

[@resiliencesocialwork](https://www.instagram.com/resiliencesocialwork)

COACHING

Skill Building Therapists'
Coaching Group

Wednesdays June 8 & 22 at 7:30 p.m.

Cost: \$20 p/group or \$30 a month

Sign up at:

<https://resiliencesocialwork.com>

ACCEPTING NEW REFERRALS:

I am available to provide in-person or virtual staff development training in a variety of topics and tailored to your needs. Also, to provide consultation services and professional coaching.

For questions or referrals contact me via social media, website, email or phone provided in the first page.

NAMES MATTER!

"Usage of chosen name resulted in a 29% decrease in suicidal ideation and a 56% decrease in suicidal behavior"

<https://www.thetrevorproject.org/research-briefs/gender-affirming-care-for-youth/>

Last month I attended a Latino Health Access' (LHA) talk on how we can better support transgender youth, and the speaker shared that as she was transitioning, her therapists did not honor her name even after she asked them to do so. This broke my heart as well as infuriated me, I felt terrible that she was being dismissed even by her therapists! So, I implore you to become informed and learn about the needs of the LGBTI+ community to better support their mental health, well-being and feelings of acceptance. When working with LGBTQI+ clients please ask how they would like to be addressed and honor their request, it's a simple way to make a difference in someone's life. Let's learn some language to help us in addressing people properly and update our paperwork (intakes, registration forms...) to be more inclusive.

PRONOUNS

◆ She, her, her, hers, and herself

◆ He, him, his, his, and himself

◆ They, them, their, theirs, and themselves

◆ Ze/zie, hir, hir, hers, and herself

◆ Xe, xem, xyr, xyrs, and xemself

◆ Ve, ver, vis, vis, and verself

HONORIFICS

Mr, Ms, Mrs, Mx (gender neutral)

WHAT TO DO IF WE'VE OFFENDED SOMEONE

1. Listen
2. Be accountable
3. Commit to do better

Get free downloadable guides and other LGBTQ+ links and resources from <https://www.thetrevorproject.org/resources/category/gender-identity/> Including: *Understanding Gender Identities, The coming Out Guidebook & A Guide to Being an Ally to Transgender and Nonbinary Youth*

Let's Continue informing ourselves and others to be more inclusive and supportive.

ADVOCACY LINKS TO AMPLIFY YOUR VOICE AND TAKE ACTION

www.plannedparenthood.org

www.thetrevorproject.org

www.everytown.org

