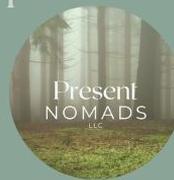


WellBeing

COHORTS

CURATED
WITH



Wellbeing as a practice of Justice

- Divine right (Creation Story, Christ resting, Deuteronomy, Leviticus, Jeremiah & 1 Kings)
- Sustainability
- Response more so than reaction
- Building resilience
- Disrupts capitalistic hustle
- Avoids one-upping of pains/struggles
- Collective healing (institutional/systemic, primary & secondary trauma, soul & moral wounds)
- Expands space for others to do the same

Self-care AND Communal-care

- Self-care is a strategy of resistance that can include a wide variety of measures that contribute to wellbeing and build resilience. Self-care is not about a quick fix, but about forming habits that build resilience. Helps to create space to discern urgency and anxiety response.
- Communal or collective-care is rooted in the awareness of mind, body, spirit, & resources of all and how pace of work, tag-in/tag-out practices, and self-care time shapes the work of the group. Focuses on individual wellbeing impacting the whole and how both are needed.

What works for you may or may not work for others

- Learning from one another is one of the best ways to explore practices to support our wellbeing through self- or communal-care
 - With those around you, take 10 minutes to share one self-care and one communal-care practice, if you have them. Please include how this practice impacts mind/body/spirit/resources.
 - If you don't have practices that come to mind for one of the areas or both, share what you hope to be able to explore as a practice and why.
- We will then share out as a collective to generate a broader resource pool to draw from as you all lead and care for self/others.

Therapeutic Practices for self- and communal-care

Exercises to Stimulate the Vagus Nerve

These techniques help stimulate the vagus nerve, which can help engage the parasympathetic nervous system and move us out of fight-flight-freeze response

Deep Breathing

Breathe in through the nose for 6-8 counts and exhale through the mouth for about 8-10 counts. Repeat for this for at least 3-5 mins or longer



Gargle Water

In the morning and evening, swish, before or after brushing your teeth, gargle water for a minimum of 30 seconds.



Singing or Humming

Hum or sing regularly (even if you don't think you can carry a tune)



Ear Massage

Use your fingers and massage the ridge of your ear using a circular motion. Massage in circles up and down the ridge of the ear. Then pull the ear away from the head a few times. After this you can massage the skull behind the ears in a circular motion. Do this on both sides.



Neck Stretches

Go on a chair or on the floor. Pull the top arm/shoulder muscle towards the spine and sit back and roll on an inhale. With an exhale sit your right arm down towards your right shoulder. Your right hand reaches and helps guide the head over to the shoulder. Hold this for at least 60 seconds or longer. Repeat on the left side.

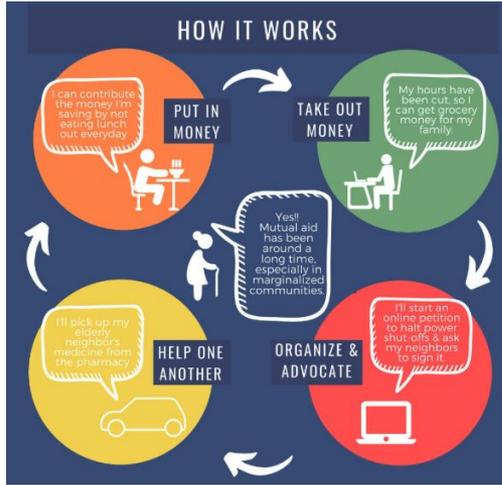


Spinal Twist

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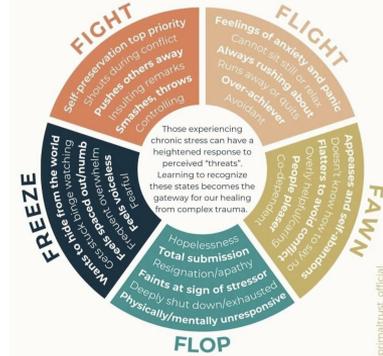


Graphic designed by Alexandria Jonas.

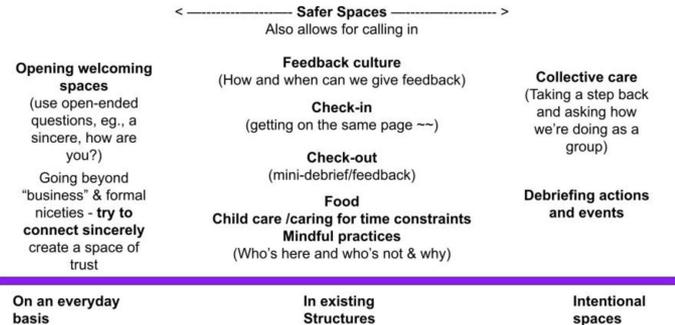
GROUNDING TECHNIQUES FOR THE SENSES

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THINGS YOU CAN TASTE

THE 5 STRESS RESPONSES of the Autonomic Nervous System



A SELECTION OF COLLECTIVE CARE PRACTICES



8 TYPES OF NON-SLEEP-DEEP-REST (NSDR)

NSDR METHOD	HOW IT WORKS
MEDITATION	MIND & BODY PRACTICES INVOLVING FOCUSING ON THE PRESENT. THIS HELPS INDIVIDUALS ACHIEVE A STATE OF DEEP RELAXATION, PRESENCE, & MENTAL CALMNESS.
YOGA NIDRA	INVOLVES SYSTEMATIC BODY SCANNING AND VISUALIZATION TECHNIQUES TO INDUCE A STATE OF PROFOUND RELAXATION.
DEEP BREATHING	CONTROLLED DEEP BREATHING EXERCISES, SUCH AS DIAPHRAGMATIC BREATHING OR THE 4-7-8 TECHNIQUE, CAN REDUCE STRESS AND PROMOTE A SENSE OF RELAXATION AND CALMNESS.
MUSCLE RELAXATION	INVOLVES SYSTEMATICALLY TENSING AND THEN RELAXING DIFFERENT MUSCLE GROUPS TO RELEASE PHYSICAL TENSION AND PROMOTE RELAXATION.

@brainchanges

8 TYPES OF NON-SLEEP-DEEP-REST (NSDR)

NSDR METHOD	HOW IT WORKS
BIOFEEDBACK	ELECTRONIC MONITORING TO PROVIDE REAL-TIME DATA ABOUT THEIR PHYSIOLOGICAL RESPONSES, SUCH AS HEART RATE. THIS FEEDBACK HELPS INDIVIDUALS LEARN TO CONTROL AND REDUCE STRESS RESPONSES.
GUIDED IMAGERY	INVOLVES USING MENTAL VISUALIZATION TO CREATE A CALMING AND PEACEFUL MENTAL ENVIRONMENT.
AUTOGENIC TRAINING	RELAXATION TECHNIQUE THAT INVOLVES USING SELF-SUGGESTIONS TO INDUCE A STATE OF RELAXATION & REDUCED STRESS.
SOUND THERAPY	CALMING AND SOOTHING SOUNDS, SUCH AS NATURE SOUNDS OR AMBIENT MUSIC, CAN ALSO PROMOTE RELAXATION AND A SENSE OF RESTFULNESS.

@brainchanges

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Neck Stretches

Sit on a chair, or on the floor. Pull the low stomach muscles towards the spine and sit up nice and tall on an inhale. With an exhale let your right ear drop towards your right shoulder. Your right hand can reach up and help guide the head over a bit farther. Hold this for at least 60 seconds or longer. Repeat on the left side.



Cold Water Therapy

You can submerge your face into very cold water for 30-60 seconds or you can turn your shower cold at the end and stand under the cold water for a minimum of 30 seconds. As you continue to practice this you can increase your time. You can also use an ice pack and place it in the center of your chest for 10-15 mins a day.

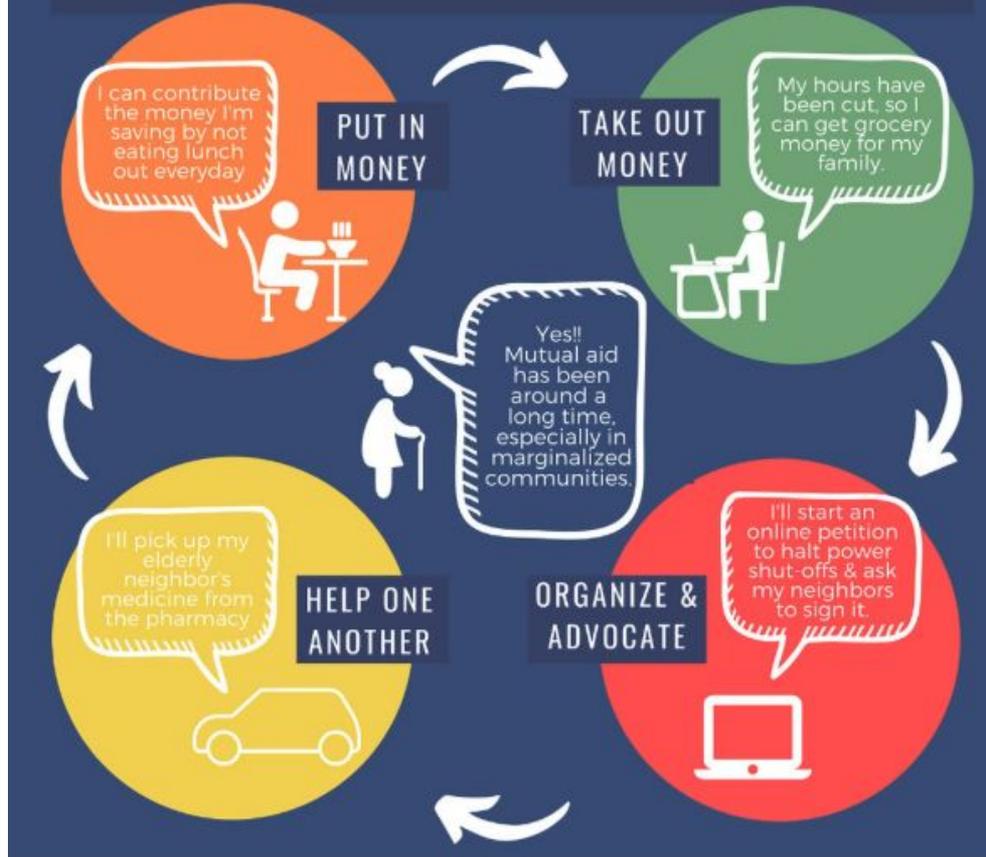


Spinal Twist

Sit on a chair, or on the floor. Pull the low stomach muscles towards the spine and sit up nice and tall. With an exhale twist to the right. Let your left hand grab your right knee and your right hand can reach behind you to help twist and support. With every inhale sit up a little taller and with every exhale twist a little farther. Hold this for at least 60 seconds or longer. Repeat this on the left side as well.



HOW IT WORKS



GROUNDING TECHNIQUES FOR THE SENSES

5

THINGS YOU CAN SEE



4

THINGS YOU CAN TOUCH



3

THINGS YOU CAN HEAR



2

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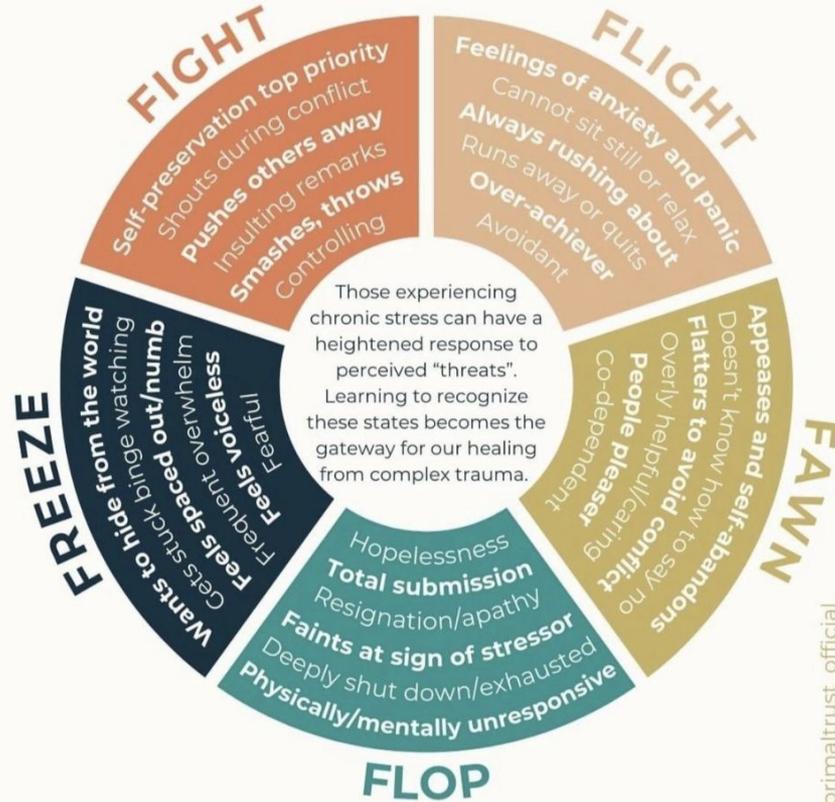


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THINGS YOU CAN TASTE



THE 5 STRESS RESPONSES of the *Autonomic Nervous System*



A SELECTION OF
COLLECTIVE CARE PRACTICES

< ----- **Safer Spaces** ----- >

Also allows for calling in

Opening welcoming spaces

(use open-ended questions, eg., a sincere, how are you?)

Going beyond "business" & formal niceties - **try to connect sincerely** create a space of trust

Feedback culture

(How and when can we give feedback)

Check-in

(getting on the same page ~~)

Check-out

(mini-debrief/feedback)

Food

Child care /caring for time constraints

Mindful practices

(Who's here and who's not & why)

Collective care

(Taking a step back and asking how we're doing as a group)

Debriefing actions and events

On an everyday basis

In existing Structures

Intentional spaces

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Personal Cohort:

- Up to 6 pastors/ministers
- March - August
- 6 Individual Sessions
- 3 Group Sessions
- \$600 to participate (EA can subsidize up to \$300)
- Register by Feb. 28, 2026



Systems Cohort:

- Co-Led by Revs. Sam & Morgan
- June - September
- 4 group sessions
- Pastor + 1 or 2 Lay Leaders
- Free, with option of customized consultation for \$200
- Register by April 1, 2026