



The Enlightened Rebel

June/July 2020 Vol 1 Issue 2

Inner "DIVINE Warrior " Activate NOW



Chiron Counseling, LLC

The last two months have been brutal for the black community, while Covid-19 resurges. George Floyd and Tony McDade were killed by police my heart could not take it anymore. I was still dealing with the violent murders of Ahmad Arbury and Breonna Taylor.

On top of that, a few of my fellow white professional colleagues intentionally ignored any discussions around social and racial injustices as other clinicians were forging a dialogue to raise awareness. These individuals stated that it is not part of their Code of Ethics to discuss such matters and they stay away from any discussions relating to the violence against Black America but they will advocate for a women's rights without question. As a POC Queer gender fluid Licensed Clinical Social Worker my Code of Ethics purposefully and intentionally addresses Social Justice as an Ethical Principle and a Value. Social Workers are encouraged to challenge Social In-Justices on behalf of vulnerable and oppressed individuals and groups of people. I immediately became flooded with my own emotions.

I had to honor the space I was in and tap into my "Inner Divine Warrior" for myself, my family, my community, and my clients. My clients needed a safe and affirming space to process and discuss their thoughts and feelings regarding these horrific acts of violence against people of color. How could I be available to them if I am not available to myself. I tapped into my own personal self-care tool-box so that my "Inner Warrior" could safely and confidently find ways to holistically deal with the COVID-19 pandemic and the mounting number of excessive abuse events at the hands of law enforcement. My inner tool- box is my spirituality. Connecting to the divine helped me calm the anger, hurt and fear that was trying to wage war against me emotionally. I needed to heal me before I could be of service to others. Per Dr. Bourne "spirituality, is the most profound of all healing approaches to align us with the universe." Below is a list of a few personal techniques to empower your "Inner Divine Warrior."

Sponsor by: <https://www.doterra.com/US/en/site/rootedtools>

6 Self Care Techniques to Connect to your Inner Divine Warrior

6 Self Care Techniques

during these times of:

Social and Racial Injustice

www.chironcounselingllc.org

	
GROUND YOURSELF	RELAXATION SELF SOOTHING
	
HOLD SPACE FOR YOUR OWN EMOTIONS	YES, IT'S OKAY TO UNPLUG
	
VOLUNTEER ADVOCATE	ASK FOR HELP "its okay"

WRITTEN BY
Nicole Bailey, LCSW, PhD
Raquel Johnson, Mental Wellness Advocate



<https://chironcounselingllc.org/>

