

Reflecting on 2025: Healing, Justice, and the Call to Community

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As 2025 draws toward its close, I find myself looking back on the year's journey: a path threaded with grief, awareness, courage, and a deepening commitment to healing and justice. In every blog post this year, I have sought to explore facets of human vulnerability, resilience, responsibility; both personal and collective. Taken together, the themes reveal a map not only of social wounds, but of the potential for transformation, solidarity, and meaningful change.

From Inner Wounds to Collective Healing

We began the year with **Recognizing the Victim Mindset**, which asked readers to reflect on how internalized narratives of victimhood can limit agency, healing, and growth. The point was not to minimize the real harms experienced but to illuminate how, when trauma remains unprocessed, it can cast a long shadow over identity and choices.

Following that, **Leading with Passion, Intuition, People and Purpose (PIPP)** offered a framework for proactive, intentional behaviour, for individuals and professionals alike; reminding us that prevention, inclusion, partnership, and purpose (PIPP) can guide how we lead and support others.

Then came **Allowing Ourselves to Grieve** (and, later, a revisiting in November), a recognition that grief, for losses tangible and intangible, is not a weakness, but a signal of our humanity. Grief marks that we cared, that we loved, and that what was lost mattered. To deny grief is to deny healing.

Complemented by **The Importance of Saying Thank You**, we acknowledged that gratitude, compassion, recognition, small as they may seem, are crucial acts of kindness and connection in a world too often shaped by pain, silence, and trauma.

Collectively, these pieces highlight a foundational truth: inner work, healing, acknowledgement, compassion, and grief all matter. Without tending to our own wounds, and without acknowledging the pain of others, efforts at justice, support, or community can falter.

Expanding the Lens: Responsibility, Identity & Society

In **Remembering What it Means to be Canadian**, the focus shifted outward: What does national identity mean, especially in a context of social responsibility, mutual respect, and collective values? In times when polarization, division, and systemic injustices lurk just beneath public discourse, remembering our shared commitments to inclusivity, equity, and dignity becomes vital.

With **Safe Separation**, I addressed the critical, and often overlooked, realities that surround parting ways: not only the physical separation of individuals, but the emotional, psychological, and social complexities especially when histories of trauma, abuse or coercion are involved. Safe separation is more than a legal or logistical matter: it is a matter of safety, dignity, and empowerment.

Mid-year, we turned to the hardest truths. In **Call it Femicide**, I urged readers to confront the fatal consequences of gender-based violence: to name it, acknowledge it, and treat it with the urgency it demands. The act of naming is itself a form of justice.

Then, in **Why Survivors of Sexual Assault Don't Report to Police**, I explored barriers: fear, stigma, re-traumatization and distrust. This was not a theoretical discussion; it reflected lived realities for many survivors, and underscored the necessity of empathy, safe spaces, and systemic change.

In **Mental Health and Substance Use Risk Factors in IPV**, I challenged prevailing assumptions: mental health struggles and substance use are frequently misunderstood as causes of violence; when in fact they more often interact with preexisting dynamics of control, coercion, and power. That article emphasized complexity, nuance, and the importance of trauma-informed, compassionate responses ... not judgment.

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Through these posts, 2025 unfolded as more than a collection of topics; it emerged as an integrated portrait of justice, healing and social responsibility. The stories we tell, the policies we shape, the support we offer all demand introspection, compassion, humility.

What These Threads Ask of Us, Individually and Collectively

Reading back across this body of work, a few calls to action insist themselves:

- **Embrace grief and healing as legitimate and communal.** Grief is not a solitary burden; it is a human response. When we offer compassionate space for ourselves and others to grieve, we foster collective healing.
- **Name injustice boldly.** Whether it's "femicide," "intimate partner violence," or systemic stigmatization; naming is the first step toward accountability, prevention, and change.
- **Challenge simplistic narratives.** Violence and harm don't emerge from single causes. They emerge from complex webs of power, history, silence, trauma. Our responses must be equally nuanced, informed, compassionate.
- **Value community, empathy, and collaboration.** Individually we may hold trauma. Collectively we carry responsibility to survivors and to future generations. That responsibility demands listening, ally-ship and shared values.
- **Advocate for systems that support healing and safety.** From safe separation protocols to trauma-informed policies, systemic change matters. And it starts with awareness, with voices raised, with action.

Looking Ahead: A Hopeful Vigilance

2025 has been heavy work: emotionally, intellectually and spiritually. But I remain hopeful. I believe that recognition, understanding, empathy are powerful catalysts: they can shift culture, influence institutions, heal people and restore dignity.

As I look toward 2026 and beyond, my hope is that the conversations begun in these pages continue; not just as ideas, but as action. I hope readers, professionals and community members will carry forward the lessons: the value of naming, the imperative of compassion, the courage to confront discomfort, the willingness to heal and the commitment to justice. Because healing, personal and collective, is not a destination. It is a practice. And it demands our presence, our voices and our whole hearts.

An Invitation into 2026

If you've been reading along this year, I invite you to reflect with me. Which posts stayed with you? Which ideas stirred something inside you: grief, anger, longing for change?

Then consider this: what is one thing you can do in your own life or community to act on those reflections? Maybe it's offering a listening ear to someone who's hurting. Maybe it's standing up and naming injustice when you see it. Maybe it's supporting survivors, volunteering and/or educating yourself. Maybe it's simply allowing grief, pain, vulnerability to have a voice.

If we show up for each other, with honesty, compassion and conviction, we will live into the truth written at the top of this blog: "We can accomplish anything, if only we work together."

Thank you for walking this path with me.

See you in 2026.

Eva