

It's Ok to Not Be Okay: A Self-Care Webinar Series

Resource Guide



Introduction

We designed the “It’s Okay to Not Be Okay” webinar series for our fellow professionals of color supporting students in higher education. During the pandemic, we became aware of not only the disproportionate impact that COVID-19 had on our campuses and communities, but also the physical, emotional, and mental toll it takes to live, work, and survive through both COVID-19 and the heightened visibility into the systemic, persistent racism that can be present in all facets of our lives. We may face job insecurity, risk of eviction, fear of losing our homes and loved ones in natural disasters, juggling parenthood, and keeping our children safe—all while experiencing racial trauma.

And yet, we still show up to work—for our colleagues, for our communities, and most importantly for our students. This series is for you. It is our humble attempt to create space for us to breath, meditate, reflect, and just be together. We hope that you will find this series helpful and use this guide as a resource for self-care, supporting students and colleagues in collective trauma, actionable allyship, and trauma-conscious yoga.

Love and peace,

Alexis “Lexi” Losch, M.S.Ed, MA, LPC, NCC
Sana A. Meghani, M.Ed.

SERIES CREATORS



**Alexis “Lexi” Losch, M.S.Ed,
MA, LPC, NCC**



**Sana A. Meghani, M.Ed.,
Program Manager,
Trellis Company**

GUEST SPEAKERS



**Dr. Komal Chandra, Ph.D.,
New Jersey Institute
of Technology**



**Tre Johnson
DEI Partner, Catalyst:Ed**



**Nityda Gessel, LCSW,
E-RYT, TITY,
The Trauma-Conscious
Yoga Institute**

When The Flame Goes Out: Burnout And Compassion Fatigue

Speaker: Alexis "Lexi" Losch, M.S.Ed, MA, LPC, NCC

In the first presentation of our self-care series, we address the consequences of being overworked and overinvolved. Our guest speaker discusses how feelings of burnout, secondary traumatic stress, and compassion fatigue can appear in your life and how to combat them with self-care.

On-demand webinar and slide deck available at:

<https://www.trelliscompany.org/portfolio-items/when-the-flame-goes-out-self-care-to-combat-compassion-fatigue-and-burnout/>

Apps

Shine

A daily self-care app.
Start your ritual today

Liberate

A safe space for the Black community to develop a daily meditation habit.

Elevate

Brain training personalized for you.

Calm

Sleep more. Stress less. Live better.

Books

Burnout:

The Secret to Unlocking the Stress Cycle

Emily Nagoski, Ph.D.
Amelia Nagoski, DMA

I'm Telling the Truth But I'm Lying

Bassey Ikpi

My Grandmother's Hands:

Racialized Trauma and the Pathway to Mending Our Hearts and Bodies

Resmaa Menakem

Black Fatigue:

How Racism Erodes the Mind, Body, and Spirit

Mary-Frances Winters

Websites/Articles

How to Socialize in a Pandemic

Recognizing Stress

Understanding the Stress Response

Solastalgia: Stress Caused by Environmental Change

Professional Quality of Life Scale

Meditation Session

<http://www.trelliscompany.org/wp-content/uploads/2020/12/September-2020-Meditation.mp3>

Supporting Students And Colleagues Through Collective Trauma

Speakers: Dr. Komal Chandra, Ph.D., and Alexis “Lexi” Losch, M.S.Ed, MA, LPC, NCC

This presentation focuses on the importance of grounding yourself before helping others, how to use assertive language to set personal boundaries, and what the meaning-making process looks like in times of trauma.

On-demand webinar and slide deck available at:

<https://www.trelliscompany.org/portfolio-items/i-got-you-supporting-students-and-colleagues-during-collective-trauma/>

Apps

Oak

Learn meditation and breathing techniques.

Keep

Save your thoughts, wherever you are.

Books

The Unapologetic Guide to Black Mental Health:

Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve

Rheeda Walker, Ph.D.

The Power of Understanding People:

The Key to Strengthening Relationships, Increasing Sales, and Enhancing Organizational Performance

Dave Mitchell

Leadership in Higher Education:

Practices That Make A Difference

James M. Kouzes

Barry Z. Posner

The Body Keeps The Score:

Brain, Mind, and Body In The Healing of Trauma

Bessel Van Der Kolk, M.D.

Websites/Articles

NaBITA Risk Rubric

Supporting Colleagues

Recognizing COVID-19 As Trauma

What Is Collective Trauma?

Feelings Inventory

Acknowledging and Coping With Racial Trauma

8 Dimensions of Wellness

Meditation Session

<http://www.trelliscompany.org/wp-content/uploads/2020/12/October-2020-Meditation.mp3>

Beyond Book Clubs and Lip Service: Actionable Allyship in the Workplace

Speakers: Tre Johnson, DEI Partner, Catalyst:Ed and Alexis “Lexi” Losch, M.S.Ed, MA, LPC, NCC

In this webinar, we’ll address what racial microaggressions and macroaggressions are, discuss how they impact the mental health of professionals of color, and learn what actionable allyship in the workplace can look like.

On-demand webinar and slide deck available at:

<https://www.trelliscompany.org/portfolio-items/beyond-book-clubs-and-lip-service-actionable-allyship-in-the-workplace/>

Books

Thick:

And Other Essays

Tressie McMillan Cottom

all about love:

new visions

Bell Hooks

Eloquent Rage:

A Black Feminist Discovers Her Superpower

Brittney Cooper

Websites/Articles

Black Grief

Not Just Book Clubs

White Supremacy Culture

Better Ally

Model Minority Stereotype

What Is Owed

What Is An Inclusion Rider?

American Dirt Book Response

8 Ways People of Color Are Tokenized In Nonprofits

Questions To Ask Yourself When Getting Involved Locally

- Where can I exercise anti-racism in my community (e.g., school board meetings, zoning discussions, church/spiritual places of practice)?
- What local groups are working on immigration issues, literacy, housing access/affordability, etc.?
- What are my interests? Are there local groups that are aimed at supporting black, brown, and indigenous people of color related to that interest?
- How much time am I able to dedicate, and what are my talents?
- Do I have the means to support an organization financially or provide safe spaces for people of color to gather?

Meditation Session

<http://www.trelliscompany.org/wp-content/uploads/2020/12/November-2020-Meditation.mp3>

Towards Healing: Community Meditation and Trauma-Conscious Yoga

Speakers: Nityda Gessel, LCSW, E-RYT, TITY and Alexis "Lexi" Losch, M.S.Ed, MA, LPC, NCC

In the final presentation of our self-care series, be prepared to meditate, breathe, and move during an interactive yoga session. Trained in healing intergenerational and systemic trauma, our guest presenters guide you through a physically and mentally rejuvenating routine.

On-demand webinar and slide deck available at:

<https://www.trelliscompany.org/portfolio-items/towards-healing-community-meditation-and-trauma-conscious-yoga/>

Ten Trauma-Conscious Yoga Methods for Stress Reduction

1. Gesture of the Earth - Bhu Mudra
2. Victorious Breath - Ujjayi Pranayama
3. Gesture of the Unshakeable Trust - Vajrapradama Mudra
4. Alternate Nostril Breathing Variation - Nadi Shodhana Pranayama
5. Child's Pose - Balasana
6. Salutation Seal - Anjali Mudra and Namaste
7. Reclined Pigeon Pose - Supta Raja Kapotasana
8. Reclined Twist Pose - Supta Matsyendrasana
9. Legs Up The Wall Pose - Viparita Karani
10. Final Relaxation Pose - Savasana



For more information, visit: www.trelliscompany.org

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