



COVID WELLNESS TIPS



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[HTTP://TINY.CC/CCHSWELLNESS](http://tiny.cc/cchswellness)

WE ARE ALL IN THIS TOGETHER

RACIAL TRAUMA

*‘One man dies in the street, pleading for his life, and overnight those streets erupt in anger at the injustice, not only for that dreadful moment, but for a lifetime of oppression. One hundred thousand die from a virus, all innocent victims of a heartless disease, but a balance of color shows more die from one community than others. Racism breeds death, either visibly for all the world to see, or silently, hidden beneath the statistics and the excuses. May the Spirit empower us to face this reality and not turn away: racism is as virulent as Covid-19, infecting people who seem to have no outward symptoms, until behavior reveals their disease. **The vaccine for racism is justice, the cure is equality, and the prevention is love.**’ - Steven Charleston, a Native American Elder, citizen of the Choctaw Nation, and Retired Episcopal Bishop of Alaska. <https://bit.ly/3cvmLFr>*



WE acknowledge that racially traumatic incidents are **not OK**. We process, cope, and respond in so many diverse and thoughtful ways. We feel what we feel. See some self-care tips below.

THE FOUR BODIES: A HOLISTIC TOOLKIT FOR COPING WITH RACIAL TRAUMA, by Jacquelyn Ogorchukwu, <https://bit.ly/3dx2T68>

MENTAL BODY	*EMOTIONAL BODY*	*PHYSICAL BODY*	*SPIRITUAL BODY*
EASING OUR MINDS After a Racially Traumatic Incident	RELEASING EMOTIONS After a Racially Traumatic Incident	TRANSFORMING TENSION After a Racially Traumatic Incident	RETURNING TO OURSELVES After a Racially Traumatic Incident
<i>Unplug</i>	<i>Feel</i>	<i>Rest</i>	<i>Meditate</i>
<i>Pause</i>	<i>Gather</i>	<i>Move</i>	<i>Reclaim</i>
<i>Talk</i>	<i>Write</i>	<i>Self-Massage</i>	<i>Organize</i>

- FRONTLINE HEALTHWORKERS **COUNSELING PROJECT** (FREE): [HTTPS://BIT.LY/36OUAA1](https://bit.ly/36OUAA1), COURTESY OF BRIAN M. JOHNSON, MD
- 3-MINUTE 4-7-8 **BREATHING EXERCISE**: [HTTPS://BIT.LY/2YCOMGG](https://bit.ly/2YCOMGG), ANDREW WEIL, MD
- HOW TO MEDITATE**: THE BEGINNER'S GUIDE TO MEDITATION, (FREE): <https://bit.ly/2AEKK7I> , THE CHOPRA CENTER
- YOGA, MOVEMENT, AND CREATIVE WRITING**, Saturdays, 9 AM: <https://bit.ly/2XgoJDS>, SURAYA KEATING

WE CARE FOR YOU AND WE THANK YOU. PLEASE SEND YOUR BRIGHT SPOTS, AND TIKTOKS TO COVIDWELLNESS@CCEALTH.ORG; **TEAM MEMBERS**: PRISCILLA AGUIRRE, CLAIRE BATTIS, AMANDA DOLD, PATRICIA HENNIGAN, HELENA MARTEY, BRIAN M. JOHNSON, KRISTIN MOELLER, JACQUELINE MOSTOW, KIMBERLY NASRUL, SAMIR SHAH, ALAN SIEGEL, SONIA SUTHERLAND, ARLENE TRIMBLE