

DO I HAVE TO CARRY THIS CUP

Beverly Canady. LPC, ACS, NJDRCC



TRAUMA

- Gudrun Zomerland has written about trauma “ as the shaking of the soul” The German word for trauma is “Seelenerschutterung” The first part “Seele” means soul “ Erschutterung “is something that shakes us out of the ordinary flow and out of our usual sense of time into an extraordinary state
- Trauma is a soul-shaking experience that rupture the continuity of our lives and tosses us into an alternate existence
- Weller,Francis “ The Wild Edge of Sorrow”

TRAUMA

- The failure of the world to offer us comfort in the face of trauma causes us to retreat from the world.
- Mark Epstien stated that when painful emotions and unpleasant feeling are not picked up and handles... is left with overwhelming feeling he or she is not equipped to deal with, feeling that often get turned into self-hate.”
- “ Trauma remains a source of ongoing suffering”
- Epstien, Mark “The Trauma of Everyday “



**TEACHERS ARE THE GUARDIANS OF SPACES
THAT ALLOW STUDENTS TO BREATHE AND BE
CURIOUS AND EXPLORE THE WORLD AND BE
WHO THEY ARE WITHOUT SUFFOCATION.**

*Students deserve one place where
they can rumble with vulnerability
and their hearts can exhale.*

Brené Brown

Entering the Healing Ground

- African Proverb “ When death finds you, make sure it finds you alive.”
- Nature has taught me that if humans don't figure out what revolution really means, nature will make the revolution despite us

(Tawana Petty)



Grief dares us to love once more

Terry Tempest Williams

- We are remade in times of grief, broken apart and reassembled. It is hard, painful, and unbidden work. One goes in search of loss, rather it finds us and reminds us of the temporary gift we have been given, these few sweet breaths we call life.
- Weller, Frances “The Wild Edge of Sorrow”

A stone archway opening to a misty landscape. The arch is made of rough-hewn stone and is set into a wall. The landscape beyond the arch is hazy and green, suggesting a forest or a valley. The lighting is soft, creating a serene atmosphere.

“

Language is a portal that transports us to a universe of new choices and second chances—a universe where we can share the stories of our bravest and most heartbreaking moments with each other in a way that builds connection.

Brené Brown | ATLAS OF THE HEART

The Necessity of Self- Compassion

- Self-compassion “ is not an event but an ongoing daily practice to be open to life”
- You can search throughout the entire for someone who is more deserving of your love and affections than you are yourself, and that person id not to be found anywhere. Ayou, yourself, as much as anybody in the entire universe, deserve your love and affection
- Buddha

Advice from the Water

- Stay Calm. Go with the flow. Reflect the light. Make Waves. Be Clear. Be full of life. Be unexpected.
- Sharon Lungo point out that water stay vigilant, and aware of how things move and it has enough force it is unstoppable
- Brown, Adrienne Marie, “ Emergent Strategy”

WE ARE
BORN MAKERS.
We move
WHAT WE'RE LEARNING
from our
HEADS
to our
HEARTS
through our
HANDS.

— Brené Brown —





Resources

- Brown, Adrienne Maree, “ Emergent Strategy”
- Brown, Bene “ Quotes Cards of Art”
- Raheem, Octavia, “ Pause Rest Be”
- Weller, Francis, “ The Wild Edge of Sorrow”

THANK YOU

**BE GENTLE WITH YOURSELF
YOU MATTER AND YOU DO MAKE A
DIFFERENCE**