

RELATIONAL RESILIENCE FROM THE INSIDE OUT

This workshop, developed by La Shonda Coleman, founder of Trauma and Healing in Colour, offers a window of time for you to explore your relationships and notice points of activation that can make it difficult to engage with those that you do life with: loved ones, friends, co-workers or someone else. This workshop also offers an opportunity to move through these points and be resilient.

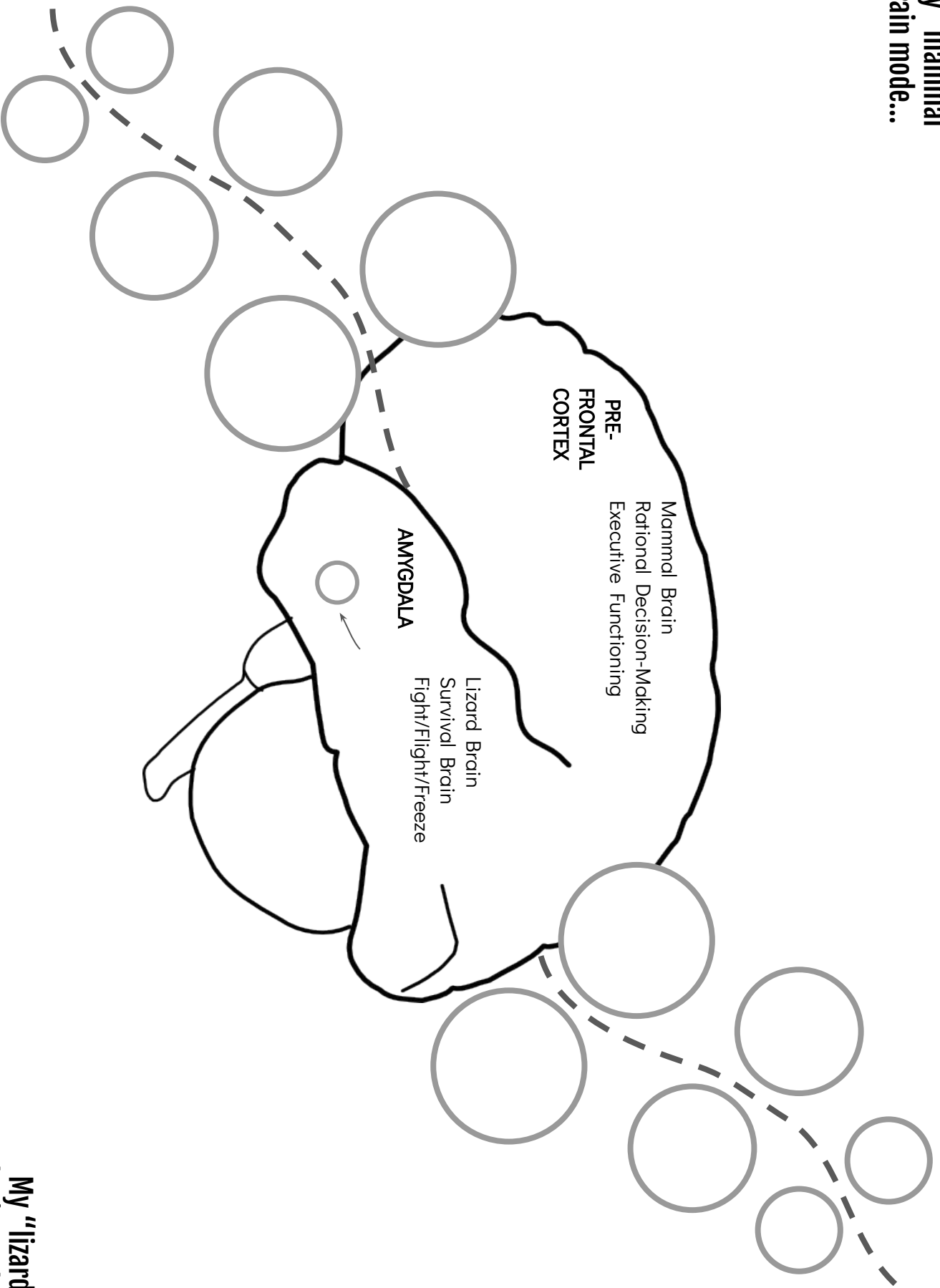
Our autonomic nervous system experiences activation when we are faced with a real or perceived threat (we may feel scared, anxious, disconnected, tense, sad or something else). In these moments, our nervous system response may be in survival mode (fight/flight/freeze). It is hard to be relational in this mode. It can be helpful to identify the points of activation and attend to it by identifying a resource that can help you feel safer. With this activity, you are invited to build relational resilience from the inside out. Remember, this is your window of time and there is no right or wrong way to create.

Directions:

- 1) The “mammal” and “lizard” corners invite you to explore how these modes show up for you, using words, shapes, and/or colors.
- 2) The paired circles offer space to imagine tools for resilience. On one side you can name an action or sensation that can be a barrier for you in the relationship (i.e., raised voice makes me feel afraid) and on the opposite side of the stone you can name what you need to move through the activation (i.e., notice my feet on the ground, count to 10 slowly).
- 3) If you wish, create actual stones to carry. You can share these stones with your partner, child, or another person that you have a relationship with and use the stones in difficult moments as a way to foster relational resilience. Each moment of practice builds skills. You may also choose to use these stones to facilitate conversations outside of a time of activation as a way to strengthen the relationship.

"The art is not just the stones but the lived journey of connecting deeply with ourselves and each other." – Cathy Salser, Founder, AWBW

My "mammal"
brain mode...



My "lizard"
brain mode...