

# BUILDING RESILIENCE

CONVERSATION #6

NICOLE MATTHEWS & OLGA TRUJILLO w/ LEAH GREEN

HOW DO SURVIVORS INCORPORATE their BODY in the HEALING PROCESS?

OUR BODIES & RE-CONNECTING to the BODY CAN BE AN IMPORTANT PART OF HEALING

OUR BODIES & MINDS are CONNECTED & RE-CONNECTING to the BODY CAN BE AN IMPORTANT PART OF HEALING

CONNECTION, POWER, JOY, & PLEASURE

CHILD SEXUAL ABUSE is CONNECTED to CHRONIC PAIN

& MINDS are CONNECTED & RE-CONNECTING to the BODY CAN BE AN IMPORTANT PART OF HEALING

FEELING WIND & WATER on the BODY

HEALING can help RELEASE

THE SURVIVOR HAS CHOICE TO BE PRESENT, TO BE MINDFUL

learning to NAME WHAT IS HAPPENING to our BODIES

DRAWING SINGING MEDITATION PRAYER

RECLAIMING the BODY & NOT the HARM

INTENTION BRINGING

& PRACTICE

NOT JUST ABOUT "WORKING OUT" or SPORT

ENGAGING ALL the SENSES

FEEL SMELL TASTE

HEAR SEE

