

Coping with Collective Trauma: A Resiliency Toolkit Resource List

Books

on healing, trauma, self-care, personal development and growth

<https://www.reitajohnston.com/books>

Local Organizations:

Black Owned Businesses In Snohomish County

<http://bit.ly/SnohomishCoBlackBusinesses>

*Thank you to AshleyKay Photography for creating this resource

Edmonds Food Bank

<https://edmondsfoodbank.org/>

Compass Health Services

<https://www.compasshealth.org/>

If you are experiencing a crisis, CALL 1-800-584-3578

Lifewire Housing Support

<https://www.lifewire.org/get-help/safer-housing/>

24-hour helpline: 425-746-1940 or 1-800-827-8840

Northwest Justice Project

<https://nwjustice.org/home>

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Resource List

Crisis, Peer, and Mental Health Support

NAMI, The National Alliance on Mental Health
1-800-950-6264

Substance Abuse and Mental Health Services
1-800-622-4357

Domestic Violence Services of Snohomish County
<https://dvs-snoco.org/>
425-25-ABUSE (425-252-2873)

National Domestic Violence Hotline
1-800-799-7233 or TYY 1-800-787-3224

Trans Suicide Lifeline and Peer Support
1-877-565-8860

Crisis/ Suicide Prevention Lifeline
1-800-273-8255
Text the word HOME to 741741

National Human Trafficking Hotline
1-800-373-7888

Pandemic Boundaries Can Look Like...



I know we're all spending more time at home but I'm not always available.

I know this is your space too, I'm not comfortable with visitors.

You can visit if you wear a mask and wash your hands as soon as you come in.

I'd like to go only if we stayed outdoors.

Thank you for the invite, I'm not comfortable attending so I'll pass this time.

I know things are slowly starting to open, I'm still adjusting at my own comfort level.

Write down your own:

Ways To Cope

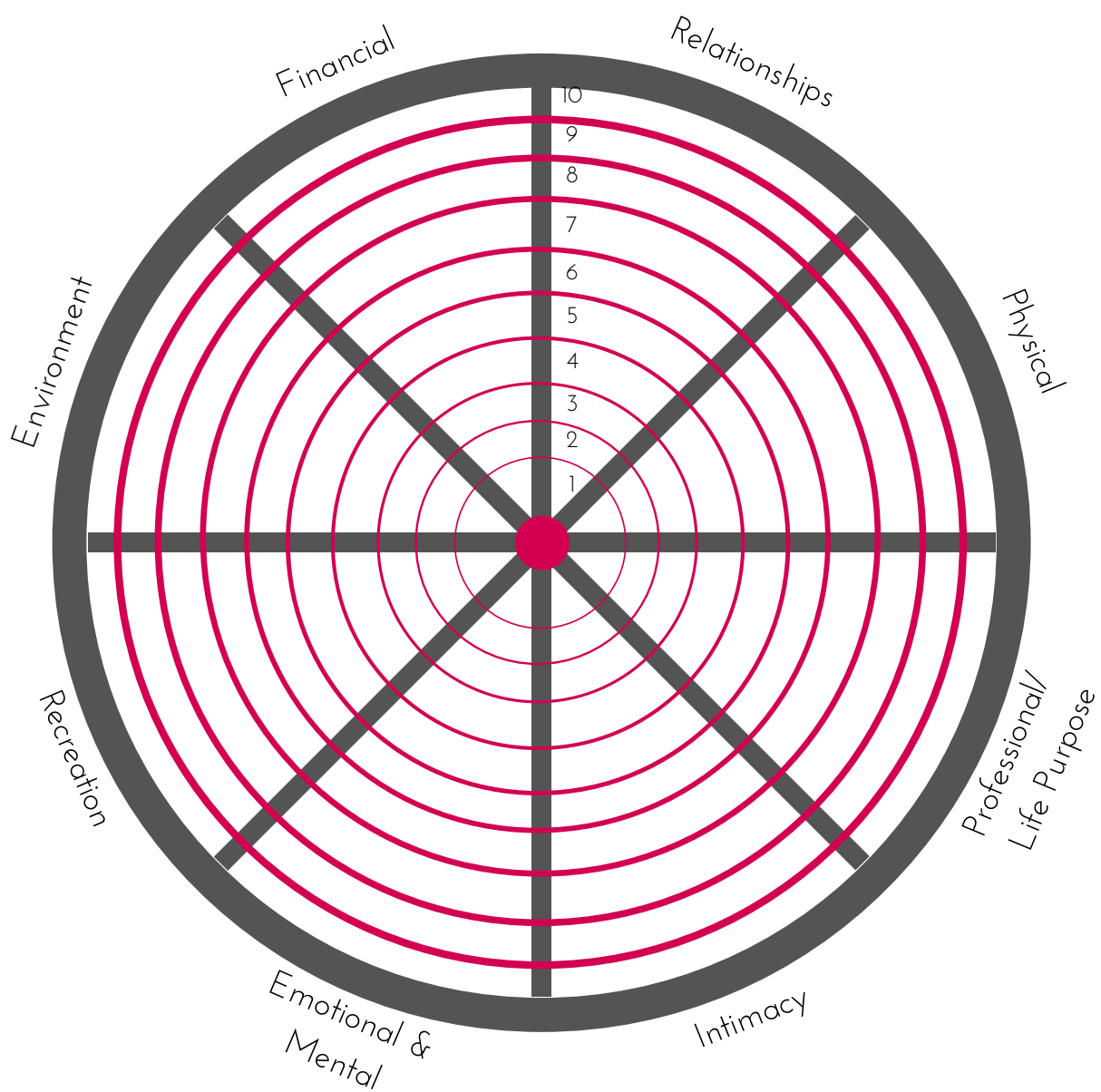


- Self-Validation and acknowledgement of your experiences, feelings, and emotions.
- Expect less of yourself
- Use healthy self-soothing techniques (ex: rubbing thighs, hugging yourself, rocking)
- Set clearer boundaries
- Use "yes and" thinking and language
- Connect before you correct
- Decrease screen fatigue:
 - Turn your camera off completely when you can.
 - Use the "hide self view" option which keeps your camera on so others can see you but you can't see yourself. [[LINK](#)]
 - Unless you're presenting, leading the meeting, or providing tech support where you may need to keep an eye on the space as a whole, use speaker view instead of gallery view.
 - Take breaks. Move every 25-45 minutes.
 - Have no-screen or no-meeting blocks of time.

Wheel of Wellness

A Self-Care Life Audit

In order to know where we're going, we first must know where we are. The Wheel of Wellness represents 8 areas of our life that help us maintain a fulfilling, healthy and balanced lifestyle. On a scale of 1 to 10, with 10 being the best possible, use the wheel below to rate each area of your life as it is TODAY. Use this as a guide to help you gain a quick snapshot of what's currently working and where there's room to uplevel and create greatness.



notes for self...

Sleep changes?

Energy level changes?

Eating habit changes?

Emotional changes?

Relationship changes?

Body changes?

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