

FINDING YOUR WAY TO TRAUMA STEWARDSHIP

SOURCE: *TRAUMA STEWARDSHIP* BY LAURA VAN DERNOOT LIPSKY WITH CONNIE BURK



NORTH: CREATE SPACE FOR INQUIRY

Quiet your mind and notice what is around you. From a place of stillness, ask yourself two questions: 1) Why am I doing what I'm doing? and 2) Is this working for me?

TRY THIS: Before starting your workday, take a moment to literally stop in your tracks and ask yourself, "Why am I doing what I'm doing?" After you hear your answer, remind yourself, gently, that you are making a choice to do this work. Take a deep breath; breathe in both the responsibility and the freedom in this acknowledgement.

EAST: CHOOSE YOUR FOCUS

Ask yourself where you put your focus. Begin to consider a Plan B. Feel the freedom brought by the understanding that you have the ability to change your perspective

TRY THIS: Ask yourself, "If I weren't doing this work, what would I love to be doing?" Generate a list of five things you can do over the next five weeks to get you closer to realizing your Plan B.



SOUTH: BUILD COMPASSION & COMMUNITY

Cultivate a close network of supportive friends and family who both encourage you and hold you accountable. Ground yourself in compassion for yourself and others.

TRY THIS: Ask yourself what your ancestors and those who raised you have done, throughout time, to heal themselves and others. When they experienced trauma, how did they go on?

WEST: FIND BALANCE

Strive to achieve balance, both between your work/personal life and your internal/external worlds. Take the time to breathe and build routines into your day that make you feel well.

TRY THIS: Identify one thing that you would love to incorporate into your work day, but are certain you could not. Now try everything in your power to make that aspiration a reality.



THE FIFTH DIRECTION

Create a daily practice of centering yourself. This may look different for everyone, but should provide you with an opportunity to connect with your core self, where you are at your best.

TRY THIS: At the end of your day, before sleep overtakes you, ask yourself, "What can I put down? What am I ready to be done with? What don't I need to carry with me for another day?" Put it down, and don't pick it up again the next day.



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