

10 Steps to Personal Resilience & Empowerment in a Chaotic Climate

- 1: Accept the Severity of the Predicament.**
- 2: Acknowledge that I Am Part of the Problem & Solution.**
- 3: Practice Sitting with Uncertainty.**
- 4: Honor My Own Mortality & the Mortality of All.**
- 5: Do Inner Work.**
- 6: Develop Awareness of Brain Patterns & Perception.**
- 7: Practice Gratitude.**
- 8: Take Breaks & Rest.**
- 9: Show Up.**
- 10: Reinvest in Meaningful Efforts.**

Ten Meetings. Ten Weeks. Heart-centered.

Facilitated by Jenny Mish, PhD

10-12 participants. Discussion format. No homework.
All agree to supportive group norms (see reverse or below).

Tuesday evenings, 6 – 7:30pm
February 4 – April 7, 2020

At the Swift Conference Room, 315 S. 4th St. E., Missoula

This venue is accessible via stairs. If this is an obstacle for you, please contact the organizer.

Suggested \$50-100 (\$25-50 for students)
Please commit to attending at least eight sessions.

To register or for questions, email jenny@one4allddevelopment.com.

This 10-step process builds personal resilience while strengthening community ties to help combat despair, inaction, eco-anxiety, and other heavy emotions in the face of daunting systemic predicaments. It is based on the work of the Good Grief Network (www.goodgriefnetwork.org).

*...Because how
we live in this
time and place
matters.*

Expectations & Norms

(From the Good Grief Network)

The Good Grief Network builds personal resilience & empowerment while strengthening community ties to help combat despair, inaction, eco-anxiety, and other heavy emotions in the face of daunting systemic predicaments.

- I understand that Good Grief is a support group, not a therapy group. This means that emotional authenticity is welcome and appropriate, but using group time for lengthy processing of intense emotional states is not. If I am confused about the difference, I will ask the group facilitators for help.
- I will minimize distractions in order to be present in the meeting (ex: cell phones).
- I will help cultivate love and support focused on collective grief and probable systems collapse.
- I will protect the anonymity of each group member. I will not disclose names or identifying characteristics of participants to others outside the meeting space.
- I understand that our current situation is complex, and there are many different and valid ways of reacting to it. I also understand that retreating into false optimism or angry nihilism are both ways of avoiding the real emotional work that we need to do in order to confront this crisis and build personal resilience.
- I am of sound mental health, managing my mental health and am not in a crisis, or I am being treated by a professional for a mental illness. Currently, I am not feeling suicidal and I can regulate my emotions. I am attending the group to further my personal and spiritual growth, which may bring up some personal trauma and heavy emotions. If my feelings are difficult to deal with or I feel unsafe, it is my responsibility to find a mental health practitioner and/or a safe person outside the meeting space to help heal personal wounds and traumas.
- I understand the suicide hotline ([1-800-273-8255](tel:1-800-273-8255)) is a free resource that I can call if I'm feeling unsafe. This resource is available 24/7 and is free and confidential support for people in distress and crisis. They can offer resources for me.
- Participation in the group requires that I help create a safe space for each member. I understand that this is not a space for ranting, convincing others of my beliefs, or providing advice. Instead, I will practice active listening when someone else is speaking and will not interrupt.
- I will listen with compassion and curiosity and without judgment.
- When sharing, I will speak from the heart, speaking my own truth (as I understand it). I will limit my sharing to a few minutes at a time. Before sharing twice, I will create space for each person to speak once.
- Racism, sexism, xenophobia, or any other type of discrimination or hate-talk is not tolerated in our group. We come from a place of love and attempt to understand the roots of the systemic predicaments; we will not scapegoat a portion of the human population.
- If I fail to uphold meeting expectations or norms, I will be held accountable for my actions by the facilitator. If I become disruptive to the group or fail to uphold these meeting norms, I may be asked to leave.
- (Please feel free to add norms for your own local branch)

Name: _____ **Date:** _____