



Some Resources for These Times ...and Any Time ... From *Realizations*



People who receive support and their families and paid helpers are having additional challenges right now as they spend more time together than usual, in close quarters, with fewer community resources.

Being busy can be helpful and there are many great resources for crafts and other activities from a variety of sources including:

- Muskoka Family Network FB Page, 28 pp. Resource Booklet PDF, Posted April 22 and Shared on *Realizations* FB Page, May 8th
- L'Arche London FB Page Online Art Classes Posted regularly and many others

More people are also using various forms of mindfulness practice, which is one good way for us to feel calm. There are numerous videos on various approaches.

In addition to staying in touch and offering some distance emotional support to various families, people supported and paid workers I'm connected to, I wanted to find another way to be of help to them and others, through ideas that complement other resources and can be enjoyed quickly and easily.

One definition of trauma is when there is "too much too fast". We are all overwhelmed and often exhausted and so based on my knowledge and experience with trauma and holistic practices, I am sharing some simple, short and almost effortless ideas several times a week, that allow those receiving and offering support to feel nurtured and be present in their bodies in soothing and uplifting ways.

I am Posting these on my *Realizations* Facebook Page as well as on my personal Page, *Susannah Joyce*, but the Posts are easier to access on *Realizations*.

Some of the ideas/info so far include: using essential oils in the home (something I highly recommend as a very effective way to feel both energized and calm); a very easy self neck-massage; a great Couch Choir on You Tube, to listen to, perhaps sing along with to one song at a time ; various simple breathing and tapping practices; ...and others.

Please share freely as they are offered in that spirit!

Stay safe and well in Body, Mind, and Feelings!

Susannah

