

Growing Outside

Managing Triggers & Recovery through Nature and
Movement

Through Nature



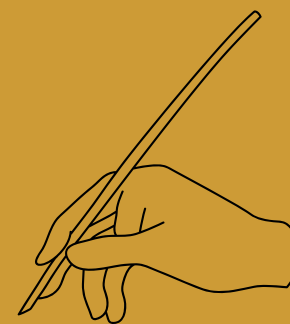
Through
Movement



Through Rituals



Through
processing





Through Nature

- Go for a 5- 10 minute walk and name all the different green or growing things you can see.
- Dig your hands into some dirt, even for a few moments, what does it feel like? What does it make you feel like?
- Sit or stand for as long as you can outside without looking at your phone screen
- Go outside and pick up garbage (safely)
- Learn about the different species of plants, mushrooms, ecosystems that you live alongside (what grows in your neighbourhood?)
- What smells did you find that brought you comfort?
- If you cannot go outside bring nature inside through documentaries, little greens (plants, a single flower) rocks, dirt. Make a space for yourself where you can explore and engage with natural materials.



Through Movement

- Find a comfy spot outside or in the sun and stretch gently for as long as you can
- Consider taking your yoga or movement practices outside
- Put on a song you like and dance outside
- Place a hand on your heart and breathe for a few seconds outside, keep your eyes open or closed depending on where you are outside
- Squeeze yourself with a big hug, for at least a few minutes, this activates your parasympathetic nervous system and helps slow down your breathing

Consider following some of these survivor-centric movement based practitioners:

Yamikani Msosa **@yamijmsosa**

Carman Chan **@movementandpurpose**

Nicole D'Souza **@lotusstrengthwellness**

Maya Nadeem **@mayanadeem_**



Through Ritual

- Find a place you like to go. Maybe it's a certain tree, a bench, somewhere quiet, somewhere busy. Bring an offering with you. It can be physical or a feeling or a thought. Offer it away and leave it in the space. You can go back to it if you need, throughout the week or month. Please do not leave garbage or food or plastic that will be harmful to animals.
- Find a time in the day that you can go outside for a few moments and talk to yourself or your guides or your ancestors or whomever you talk to. Give yourself time to tell a story or share an incident or experience. Give yourself time to listen quietly.
- Water moves, like the will of people through all things. If you need to let go of something, write it down on a little leaf, or piece of bark, or in your mind and let it go into the water.
- Fire is a powerful tool to cathart and release or re-connect. If you have a safe way to engage with fire, consider writing something down you need to say but maybe you can't right now. Write it, think it, create it and then burn it.



Through Processing

You can use these methods to ground, release, tune in and manage trauma/triggers caused by sexual/gender-based violence. Soothing and healing can happen through nature, music, art, talking, and more. There are a lot of different forms of care we provide for ourselves and others that are inherently within us or part of us.

Processing the trauma or traumatic event(s) however may require some support.

You should not have to make meaning, remember, grieve or recover/grow alone. It is often safer to process with someone who is trusted or skilled, especially for survivors, who often live with C/PTSD and other mental health needs.

You may seek the support of a peer counselor, a therapist, a psychotherapist, a spiritual counselor, a social worker, a somatic practitioner or many others.

Processing with a practitioner or skilled peer can look like many different paths, Feminist therapy works in alliance with survivors to establish a mutual and trusted way to process that is totally in your control and is rooted in your reclaiming and safety.



**DANDELION
INITIATIVE**

Written and offered by:

Viktoria Belle, CWT, 2021

If you require immediate support please click on the link in our bio to find emergency services through our resource manual.

To search for feminist/trauma therapists near you:

psychologytoday.com/ca

We are booked until October 2021 for trauma care or peer support. If you are interested in referrals or supports and would like to discuss options for support please email:

Andrea (she/her)

coordinator@dandelioninitiative.ca

We have a wealth of community members who practice survivor centric and feminist care. Please don't hesitate to reach out. If you are a practitioner and would like to be added to our referral list please email Andrea.