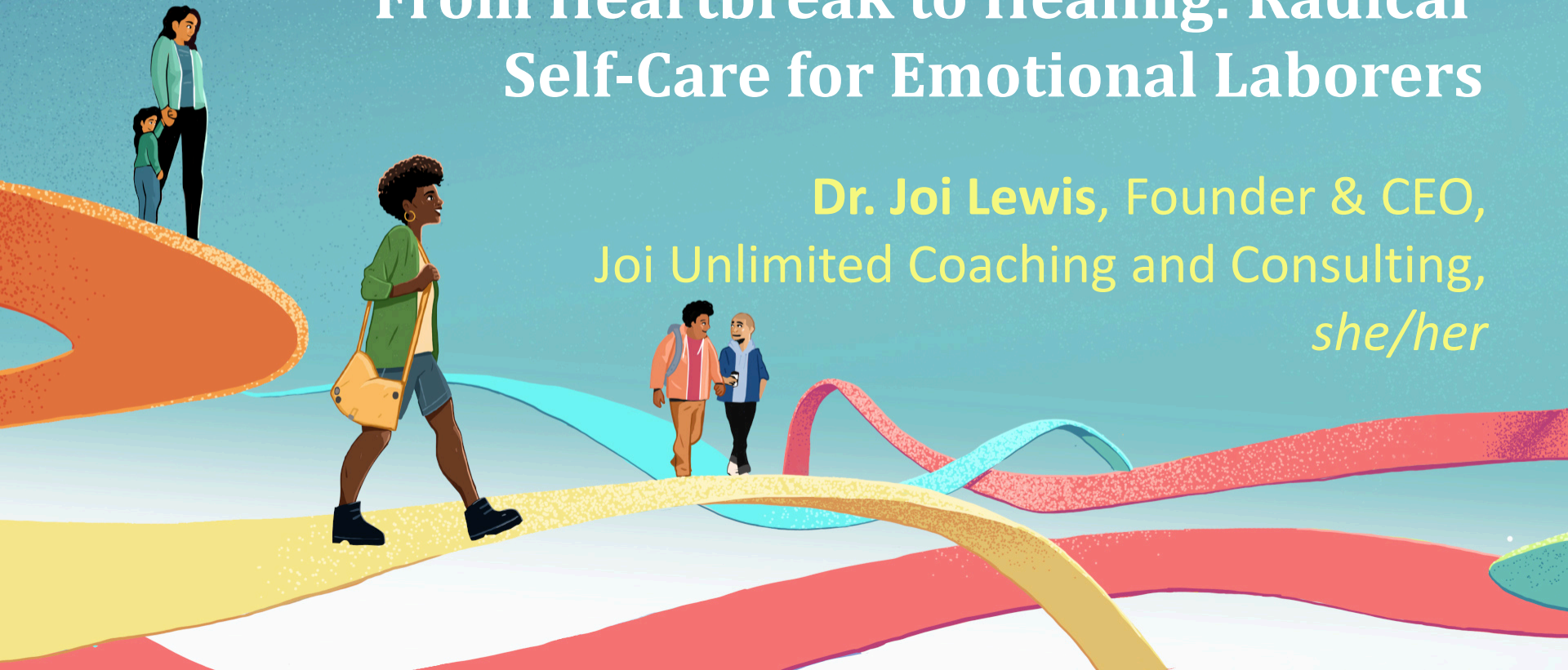
FYSB Family & Youth Services Bureau | Runaway and Homeless Youth Training & Technical Assistance Center

BRIGHTER FUTURES
STRENGTHENING PATHWAYS FOR YOUTH SUCCESS

From Heartbreak to Healing: Radical Self-Care for Emotional Laborers

Dr. Joi Lewis, Founder & CEO,
Joi Unlimited Coaching and Consulting,
she/her



From Heartbreak to Healing:

Radical Self-Care for Emotional Laborers

Dr. Joi Lewis, Speaker, Author, Facilitator, Community Healer
Founder and CEO, *she/her*
Joi Unlimited Coaching and Consulting
www.joiunlimited.com

CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION AND THAT IS AN ACT OF POLITICAL WARFARE.

AUDRE LORDE

How to Prioritize Radical Self-Care and Overall Wellness, WITHOUT Giving Up Your Commitment to Youth Experiencing Homelessness, While Holding Space for Community Healing from Trauma as Well As Your Own.

WHO IS THIS WOMAN?

“Dr. Joi” Lewis

I am on a mission to “put healing in the hands of anyone, anywhere”

Meditation:
Get Grounded

sun-gazing.com
I meditate. I burn candles. I drink green tea, and I still want to smack some people.

Surrender

Mindfulness:
Get Present

THE COMMUNITY

A sacred community of staff providing direct services to runaway and homeless youth.

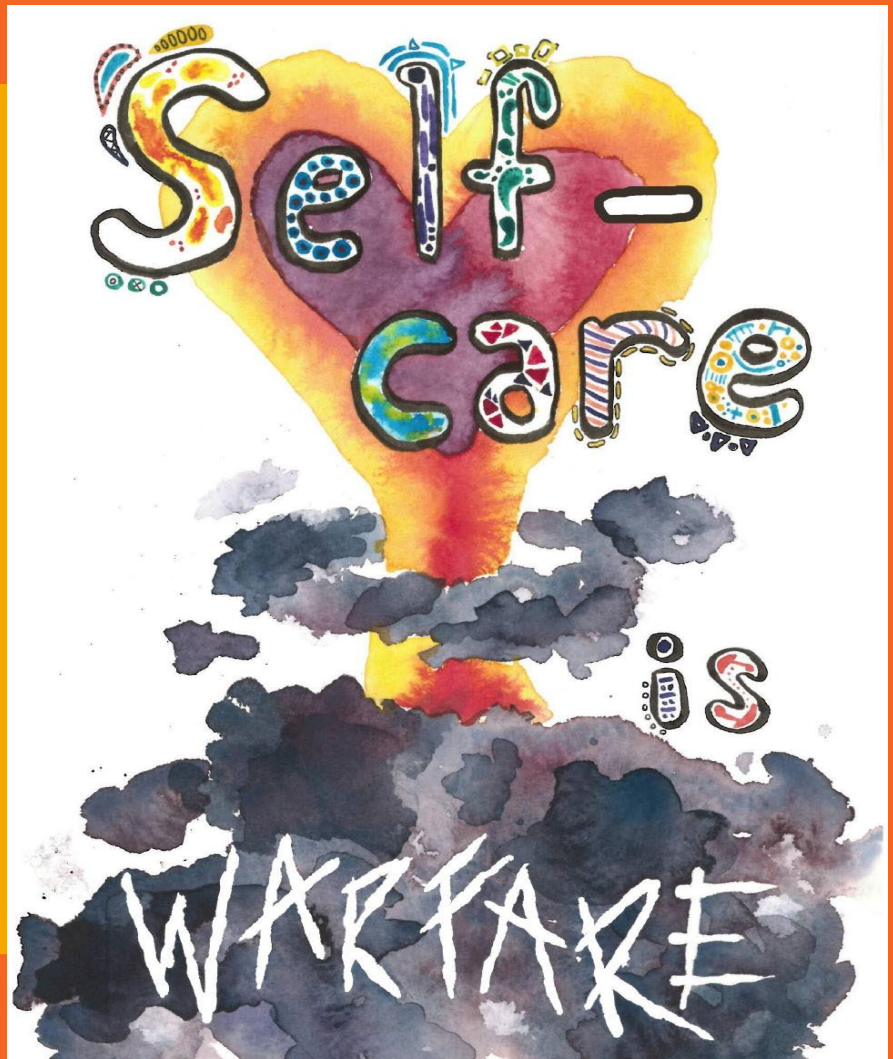
Joi unlimited
There is power in the Pause!
WWW.JOIUNLIMITED.COM

You’ve been wondering…

How do I find time to pause?

Will there ever really be some relief?

Is it really possible to lessen the impact of so much trauma


Self-
care
is
WARFARE

You cannot *drink* from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

Imagine if...?

- Deep breaths - instead of fatigue - became your default.
- You were able to find more space in your day.
- You were able to get off the struggle bus, for real.

Emotional Liberation: Get Free

This is also important to you right now…

You may be experiencing sleeplessness, depression, loss of appetite and deepening addiction to substances that help numb the pain.

Or

Maybe you are worried about your people?

Notes from a trauma therapist

This situation puts us into ALARM.

*ALARM means your sympathetic system is activated and your entire being wants to **do something.**

*There is a huge amount of energy that is gearing up inside of you. You are ready **to fight**, you are ready **to flee**.

*And you are being asked to **stay home.**

*This might feel like other situations when you have felt trapped. You might feel overwhelmed and even frozen. This is normal.

*You need to **move this energy through**.

*You need to to regain a sense of **agency and control.**

*You do not need to run a million errands.

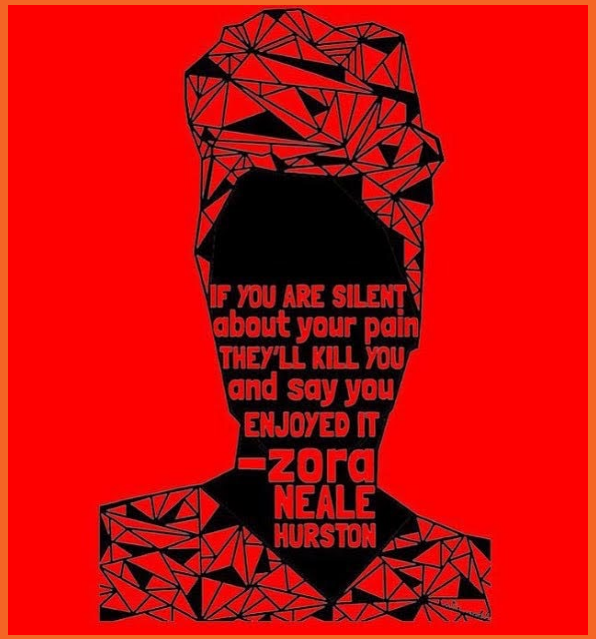
*You need to **move** your body, you need to **make something** (art, food, music...)

*You need to **connect** with another being: make a video call, pat your pet, squeeze your kid/spouse/hug yourself.

Ariella Assouline, MA, RCC

TAKE CARE
of your body.
It's the only place
you have to live
Jim Rohn

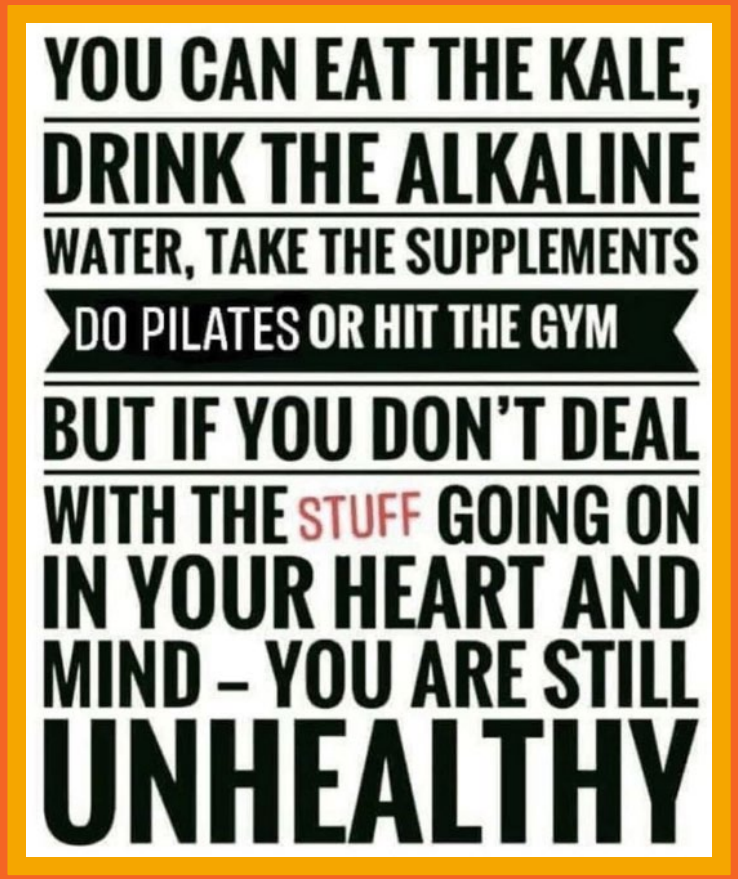
YOU ARE NOT REQUIRED
TO SET YOURSELF ON
FIRE TO KEEP OTHER
PEOPLE WARM.
UNKNOWN
ZERODEAN.COM


IF YOU ARE SILENT
about your pain
THEY'LL KILL YOU
and say you
ENJOYED IT
-zora
NEALE
HURSTON

What is the Bridge that connects Heartbreak & Injustice with Joy & Liberation?

Radical Self -Care

I have learned a few things….


YOU CAN EAT THE KALE,
DRINK THE ALKALINE
WATER, TAKE THE SUPPLEMENTS
DO PILATES OR HIT THE GYM
BUT IF YOU DON'T DEAL
WITH THE STUFF GOING ON
IN YOUR HEART AND
MIND – YOU ARE STILL
UNHEALTHY

Do You Want The TEA?

Want to hear how the Orange Method of Healing Justice I created can help you?

Type *YES!*

What is the Orange Method?

- Meditation: Get Grounded
- Mindfulness: Get Present
- Emotional Liberation: Get Free
- Conscious Movement: Get Unstuck

Through the Orange Method of Healing Justice you will get:

- A CLEAR ROADMAP & ACCOUNTABILITY
- SELF-CARE SYSTEM OF PRACTICAL PROCESSES
- GROUNDED MORE DEEPLY IN SOCIAL JUSTICE
- SACRED AND SUPPORTED SPACE
- TO KEEP YOUR COMMITMENTS TO YOURSELF & COMMUNITY HEALING

Here's how we will get from Heartbreak to Healing…...

Create your Energy Bank as a foundation to create and environment that facilitates healing for youth that have experienced trauma.

#Radical Self-Care is all about:

…creating a space for you to feel, breathe, and be held in sacred community.

… helping you to access calm amidst the chaos as a joyful iterative process.

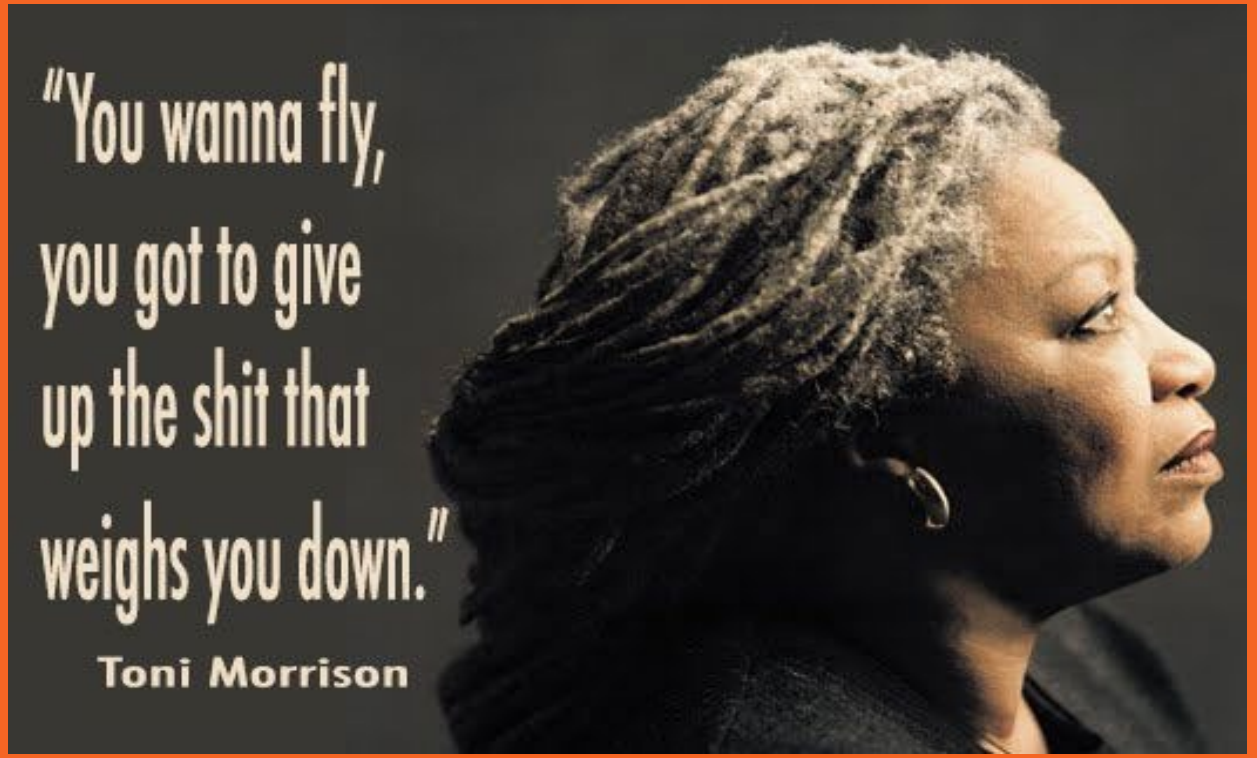
… helping you to create a healing environment anywhere.

Creating Your Energy Bank:

Deposit 1: Write down the first names of three people who, when you spend time with them, you feel energized, loved, amazing…..
Deposit 2: Name three activities that when you engage in them you feel energized, loved, amazing…..
Deposit 3: Name three songs that make you feel energized, loved, amazing…
Deposit 4: Name three foods/meals that make you feel energized, loved, amazing

Withdrawal 1: Write down the first names of people who, when you spend time with them, you feel challenged, drained or irritated….
Withdrawal 2: Write down three activities that when you participate in them you feel challenged, drained or irritated….
Withdrawal 3: Name three sounds that make you feel sluggish, aggravated, tired, or withdrawn
Withdrawal 4: Name three foods/meals that, when you eat them, make you feel sluggish, aggravated, tired or withdrawn

Conscious Movement:
Get Moving


"You wanna fly,
you got to give
up the shit that
weighs you down."
Toni Morrison

JOY & PAIN
RUN
FROM
THE
SAME
FAUCET
@drjoiunlimited | www.joiunlimited.com

joi unlimited

Are you doing the most?

WWW.JOIUNLIMITED.COM

I am realistic.
I expect miracles.
www.drwaynedyer.com

P1

Check Out in the Chat:

One word check out.

What are you leaving with?

From Heartbreak to Healing…..

1. Q & A
2. Hand Over Heart Meditation

THANK YOU!
FROM HEARTBREAK TO HEALING
Dr. Joi Lewis - www. joiunlimited.com

Thank You!

Please complete the evaluation for this session.

Click on the link in the Chat, then select:

Day Three

Plenary

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