Don’t Worry Bout a Thing

Presenters:

Dara Ceaser, MSW, LICSW
Jamil Stamschror-Lott, LICSW
What is Change to Chill?

Why are we here today?
Who are we anyway?

- Dara L. Ceaser
Who are we anyway?

◈ Jamil Stamschror-Lott (He/Him/His)
Who are we anyway?
Tell us about you?

Where you are residing?

Children? If so, how many?

What you want to see out of today?
What will you get out of today?

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WHAT IS IT?

- External Factors
- Internal Factors
- Symptoms
External Factors

Are events or situations that happen to you. Major life changes that you have little to no control over.

- Loss of a loved one
- Relationships, partner/spouse, children, friends/Family
- Financial Worries, job loss, bills
- Systemic Racism
Internal Factors

Stress inducing thoughts or behaviors

◆ Putting pressures on yourself to be perfect
◆ Fear of failing
◆ Feelings of not being enough
◆ Feelings of not being loved
◆ Feelings of being alone
SYMPTOMS

Irritability
Trouble Sleeping
Loss of Appetite
Loss of Interest in daily activities

Headaches
Stomach Pain
Cry Easily
Anxiety

High Blood Pressure
Diabetes
Chronic Pain
Depression
Poll- What is your biggest stressor?
Poll

How is the stress showing up for you these days?
Power of Worrying Story
Building mental wealth
Get fresh air
What are we dealing with today?

- Coronavirus
- Switch to remote learning
- Racial Justice - civil unrest
Covid-19

- Sickness
- Fear of uncertainty
- Isolation & Loneliness
  - Loss
  - friends, family, stars
Covid-19

Body can’t see, hear, sense the threat.
Increase panic, anxiety, fear
Covid-19

Always scanning for threat
Nervous system can be overwhelmed
Painful experiences and trauma
2nd brain

500 million neurons

Control reflexes, contractions of muscles
Unhealthy Ways We Tend to Cope

- Eating
- Smoking
- Excessive drinking
- Drugs
- Inactivity
NOW, WHAT YOU GONNA DO ABOUT IT?
What has been helping you get through?

Throw it in the chat box.
Healthy Ways of Coping

Opportunities for growth & healing

Adjust your BS / Stanken Thinking - Letting go of what is beyond our control
Humming & Hugging
Meditation
Journaling, music making, video watching
Self Talk - positive affirmation - practicing gratitude
Stay connected with friends, family, and coworkers.
Plan breaks in your schedule and take a step back.
How to get through these times?

Body breathing exercise
Racial Justice

How were you impacted by the recent national awareness of racialized traumas?

Chat box.
Working Through Our Differences

What have been obstacles to being your true self around other black folks?

What do you need to be your true self with other black folks?
Intersectionality & social identity
Racial Justice

Do we have Black bias?

“We see the world as we are, not as it is.”
Building mental wealth
Building mental wealth
Building mental wealth
Coping with Change Resources

Changetochill.org

River Ridge Coping with Covid
Coping with Change Resources

- MN Black Community Covid-19 Hotline  612.254.1145, 24 hours 7 days a week
- Productive Learning: Khan Academy
- Staying connected: Minnesota Department of health
- Watching movies with friends: Netflix Party
- Covid-19 Resources for Teens/Parents: Society for Adolescent Health and Medicine
Coping with Change Resources

My Grandmother’s Hands

*** New York Times Best Seller ***
The first self-discovery book to examine white body supremacy in America from the perspective of trauma and body-centered psychology.

Rock the Boat

Rock the Boat is an honest look at what really works to bring more intimacy and deeper trust into your relationship, challenging the idea that conflict between partners is unhealthy or something to avoid.

Life, Leadership & Legacy

An expertly written book of tips as to how prospective and existing Justice Leaders can advance in life while pursuing their goals and dreams; then move into high leadership positioning, while moving their desired legacy forward.
Questions & Answers