Welcome!

VIRTUAL GATHERING FOR YOUTH

2022 BPFNA Summer Conference
25 Aug 2022
Today's Agenda

1. Introductions and Contact Info
2. Important information
3. Themes and Lesson Overviews
4. CLOSING ACTIVITY
Hi! My name is Jasmin Figueroa. I live in Boston MA, am doing my PhD at Boston University, and this is my 2nd year working with BPFNA!,

whatsapp: +1 3472660116 | email: jasmin@bpfna.org
Introductions:

1. Name / Where do you live?
2. Have you ever attended the Summer Conference before?
3. If you could travel anywhere in the world, where would it be and why?
Let's begin!
Are you ready?
EVERYTHING HAS ITS OWN TIME...

- Ecclesiastes 3:1

A TIME TO LOVE
A TIME TO KEEP
A TIME TO PLANT
A TIME TO DIE
A TIME TO REFRAIN FROM EMBRACING
A TIME TO DANCE
A TIME TO MOURN
A TIME TO GATHER STONES
A TIME TO KEEP silence
A TIME TO SING
A TIME TO LAUGH
A TIME TO WEEP
A TIME TO SPOKE
A TIME TO PLAN
A TIME TO BREAK DOWN
A TIME TO EMBRACE
A TIME TO BUILD UP
A TIME TO GET
A TIME OF PEACE
A TIME OF WAR
A TIME TO PLANT
A TIME TO REND
A TIME TO PLUCK UP THAT WHICH IS PLANTED
A TIME TO REAP
A TIME TO WEAR
A TIME TO REND
A TIME TO BE BORN
A TIME TO SEW
What do you think of when you hear the word "heal?" What does that word bring up for you?

1. Take 3 minutes to think about it.
2. Go to Jamboard and share your thoughts on a sticky note.
3. Let's discuss.
Healing can be...

1. A complete event
2. A process
3. something that you can experience alone or share with others
Healing can also ...

1. be felt internally
2. happen within a community
3. affect the environment
Lesson 1:

SELF-CARE AS HEALING

This section will focus on ways you can care for your body, soul, and mind.
Even if you don't have time...

Even if you don't have money....

Even if you don't know how to....

Even if you look after other people...

Taking care of yourself is also important!
To care for yourself, you need to take care of your body— and ideally your body needs these four major things regularly:

1. **Sleeping:** 8-10 hours every night helps you stay healthy, grow, retain information and elevate your mood.

2. **Eat:** Eat food that helps your body feel good. Bodies need nutrition—and that includes veggies, protein, sugar, and carbs—in order to function. Depriving yourself leads to problems.

3. **Body movement:** This can be anything you enjoy, whether it is walking, dancing, bike riding, playing a sport. Try doing something that brings you joy.

4. **Drink Water:** 60% of our body is made out of water, and water is required for all our daily bodily functions.

(Click the links for more information)
Humans feel so many emotions! They are helpful because they help us understand what we need.

What are some message about emotions that you learned growing up?

Did they ring true for you? Why/why not?
BUT WAIT! WHAT IF YOU HAVE TROUBLE IDENTIFYING YOUR FEELINGS?

THAT'S OK-- YOU CAN USE THIS FEELINGS WHEEL TO GET HELPFUL LANGUAGE TO HELP FIGURE THEM OUT

THEN you can ask yourself: What do I need right now? What do I need in the long-term?

(source: https://feelingswheel.com/)
When we notice a feeling arise, it's helpful to do the following:

STOP and identify how you are feeling.
Are you anxious? Afraid? Resentful?
Melancholy? Bored? Annoyed?

Think about WHY you may be feeling this way. What's going on in your life right now?

Act/talk:
Do something that can help you feel better. Look ahead to find some activities that can help.
These are some activities you can use to help you get what you need to feel better.

What else helps you?

- Name my feelings
- Deep breathing
- Write a letter
- Imagine a quiet place
- Do yoga
- Drink water
- Go for a run
- Warm bath/shower
- Write in a journal
- Hug a friend
- Paint
- Read or write poetry (or stand up!)
- Cook a fun meal
- Listen to music
- Visit a museum
- Explore nature
- Pray or meditate
- Talk to a friend
- Talk to a trusted adult
- Play with a pet
- Dance
- Wrap up in a blanket
- Play a sport
- Smell my favorite scent
DEEP BREATHING TECHNIQUES

Follow the breathing techniques below when you are feeling upset, stressed, worried or anxious. Notice whether your mood changes!

BUMBLEBEE BREATH

Lightly place a finger in each ear. Take a deep breath in through your nose, and hum softly like a bee as you breathe out.

It may feel silly, but doing things to calm your body down will make it easier for your mind to calm down, too.

Don't be discouraged if it takes some time-- usually 3-4 minutes of slow, consistent, and deep breathing will do the trick.
Coping Skills

Anxiety

Deep Breathing
Deep breathing is a simple technique that's excellent for managing emotions. Not only is it deep breathing, its also discreet and easy to use at any time or place.

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow. Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.

Progressive Muscle Relaxation
By tensing and relaxing the muscles throughout your body, you can achieve a powerful feeling of relaxation. Additionally, progressive muscle relaxation will help you spot anxiety by teaching you to recognize feelings of muscle tension.

Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds, and then release it completely. Pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

- Feet: Tingle toes tightly into your feet, then release them.
- Calf: Point or flex your feet, then let them relax.
- Thighs: Tighten your thighs together tightly, then let them relax.
- Torso: Suck in your abdomen, then release the tension and let it fall.
- Back: Squeeze your shoulder blades together, then release them.
- Shoulder: Lift and squeeze your shoulders toward your ears, then let them drop.
- Arms: Make fists and squeeze them toward your shoulders, then let them drop.
- Hands: Make a fist by curling your fingers into your palm, then relax your fingers.
- Face: Scruncho your facial features to the center of your face, then relax.
- Full Body: Squeeze all muscles together, then release all tension.

Challenging Irrational Thoughts
Anxiety can be triggered by irrational thoughts. For example, the thoughts that “something bad will happen” or “I will make a mistake” might lack evidence, but still have an impact on how you feel. By examining the evidence and challenging these thoughts, you can reduce anxiety.

Put thoughts on trial. Choose a thought that has contributed to your anxiety. Gather evidence in support of your thought (verifiable facts only), and against your thought. Compare the evidence and determine whether your thought is accurate or not.

Use Socratic questioning. Question the thoughts that contribute to your anxiety. Ask yourself:

- Is my thought based on facts or feelings?
- How would my best friend see this situation?
- How likely is it that my fear will come true?
- What’s most likely to happen?
- If my fear comes true, will it still matter in a week? A month? A year?

Imagery
Your thoughts have the power to change how you feel. If you think of something sad, it’s likely you’ll start to feel sad. The opposite is also true: When you think of something positive and calming, you feel relaxed. The imagery technique harnesses this power to reduce anxiety.

Think of a place that you find comforting. It could be a secluded beach, your bedroom, a quiet mountain view, or even a loud concert. For 5 to 10 minutes, use all your senses to imagine this setting in great detail. Don’t just think flippantly about this place—really imagine it.

- What do you see around you?
- What do you notice in the distance?
- What sounds can you hear? Are they soft or loud? Listen closely to everything around you. Keep listening to see if you notice any distant sounds.
- Are you eating or drinking something refreshing? What is the flavor like? How does it taste? Savor all the tastes of the food or drink.
- What can you feel? What is the temperature like? Think of how the air feels on your skin, and how your clothes feel on your body. Soak in all these sensations.
- What scents are present? Are they strong or faint? What does the air smell like? Take some time to appreciate the scents.
Final thought: How else can you show yourself care?

Idea: Make a list of ideas and update it every year. Notice how it changes or stays the same throughout your lifetime.
Lesson 2: HEALING IN COMMUNITY

THIS SECTION WILL SHOW HOW WE CAN CARE FOR THE PEOPLE AROUND US
Community can be made up of many people: family, neighbors, coworkers and more...

Who else comes to mind? Draw a picture, write a note, or share an image of "community" on jamboard.

How does "care" factor into the community that you chose? What does it look like?
Communities can be VERY different....
What are the signs of a healthy community?:

Sometimes they don't understand each other, get mad at each other, or hurt each other.... but healthy communities listen, apologize, and try to repair any harm.

1. A healthy community is safe and kind to one another.

2. In a healthy community, people work together to solve problems.

3. Healthy communities are happy for other people's good news and are kind when people are sad.
Final reflection questions

What do you want your ideal communities to look like (now or in the future)?

How can you contribute to making that happen?
Lesson 3:

BEING GOOD COMMUNITY TO THE PLANET
WE LIVE IN A GLOBAL COMMUNITY

SOME REFLECTION QUESTIONS

• How do plants, animals, and humans live together in your community?

• What does sharing with them and connecting to them mean?

• How do you care for your plant and animal neighbors?

• How do they care for you?
Activity:

Try drawing a map of your region.

What are the important roads and rivers? What are the important landmarks? What about the trees, farms, plants, and animals? Where do they fit into your map?

For later: research the environmental history of where you live. Are there any controversies?
How can we be good community to the planet?

**SYSTEMICALLY?**

Think big picture:
- CFCs and the ozone layer
- Save the whales

**LOCALLY?**

Your neighborhood or family:
- Periodic blackouts
- Thrift stores
- Community Gardens

**INDIVIDUALLY?**

Small scale:
- collect rainwater for the plants
- Carry tote bags to replace plastic
Some more ideas for individual ecological justice work:

1. Don't litter! Put garbage in the trash, the recycle bin, or compost it to turn it into new soil!

2. Instead of throwing out your old items, consider passing them along to a neighbor. It can help them out and is good for the planet.

3. Found a bee hive? Call a beekeeper! They will remove them safely, so bees can continue helping our crops.
Final Exercise:

Look again at the map you drew. Now, draw a second map from the perspective of one of the insects or animals in your community.

What would be the important roads and rivers to them? What would they think are important landmarks?

How would they see the nearby trees, farms, plants and other animals? Where would humans fit into their map?
Thank you!

Have a great day ahead.