



The Forecaster Newsletter

Far West Family Services | November 2020
Your Employee Assistance Program

Excerpt from

My Grandmother's Hands:

*Racialized Trauma and the Pathway to
Mending Our Hearts and Bodies*

by Resmaa Menakem, MSW, LICSW



“**W**hen your life is particularly stressful or uncomfortable, you will be tempted to abandon your [self-care] routine. Don't. Do just the opposite: strengthen your [self-care] routine. Get an extra thirty to sixty minutes of sleep each day. Eat as healthily as possible. Temporarily avoid all alcohol. Make a point to enjoy a couple of extra small pleasures each day. Be gentle and soothing with yourself. Wear soft, comfortable clothing. Hang out with gentle, friendly people. Spend more time with a loving pet. Listen to music that settles your body. (It doesn't have to be soft and gentle—gospel, country, folk, jazz, and even some R& B and rock can all have a settling effect. If you feel into your body, you'll notice which artists settle it and which ones don't.) The additional support will further strengthen your body's resilience and its ability to settle. ”

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