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Social Distancing characteristics:

- ´ Physical distancing
- ´ Emotional distancing
- ´ Threat of infection and death
- ´ Economic distress
- ´ Not feeling valuable when we aren't working
- ´ Overwork and danger for front-line and essential workers

The mental health impact of these conditions can be traumatic and it can exacerbate PTSD symptoms or re-activate traumatic memories.

It is important that we take good care of our mental health as well as our physical health. We also need to be aware of the mental health needs of our families and friends.

REBOOT RECOVERY – twice weekly – you can start your own group or join in the group that Healing Warrior Hearts is offering. Zoom meeting details are posted on our facebook page - <https://www.facebook.com/HealingWarriorHearts>

*The videos are about 15 minutes each and supported nicely by the workbook - all of which are freely available online.*

*The 5 sessions include:*

- What is Going to Happen Next: to equip us with the tools needed to overcome the emotional, mental, and spiritual aspects of the crisis we're facing.*
- Coping with the Anxiety of Uncertainty: to help us overcome the anxiety that comes with uncertainty by showing us how to find safety even amidst the chaos.*
- Moving Forward in Uncertainty: to help us start moving forward after crisis or trauma by avoiding common mistakes and taking the right steps.*
- The Recovery Process: to help us build a strong foundation for long term healing by identifying the right sources of support.*
- Helping Others Heal: to help us learn how to help others who have experienced crisis or trauma.*

*For a group of 5 people, about an hour and a half seems ideal to allow for discussion and feedback.*

*The meeting opens with some ground rules: this is a place of safety and free of judgment/ we will maintain the confidentiality of the contents of the meeting/ we're not here to promote any religion though there is a small religious reference and we will respect each other's beliefs.*

*The meeting closes with a reminder to practice the tuning breath so it will come naturally when needed to manage our emotions and invite people to join the private Facebook group for ongoing support.*

*BENEFITS: seeing and hearing each other strengthens our connection! Also, discussing the videos allows us to share our experiences, realize we're often dealing with similar situations and enables us to support each other. Importance connections are being made!*

HEALING WARRIOR HEARTS retreats will return in June 12-14 given that we have the okay for meeting size.

HWH August LGBT and September MST retreats are still on the calendar.

#### **Other resources....**

BUDDY CHECKS – phone, text, zoom, social media, house visit if needed (go for a walk and maintain distance)

COVID COACH app and Virtual Hope Box from VA

R&R House for Veterans – not opening right away but will be offering a warm-line – for those needing to talk, not in immediate crisis, peer support specialists available

BETHEREFORVETERANS.com - Crisis Line - Send a text to **838255**. Dial **1-800-273-8255**

PSYCH ARMOR.com – courses, support

#### **Suggested Daily Self-Care Practice**

- 1. What am I grateful for today? Three blessings!**
- 2. Who am I checking in on, or connecting with, today?**
- 3. What expectations of “normal” am I letting go of today?**
- 4. How am I practicing self-care and compassion?**

**Food, movement, fresh air, rest**

- 5. What beauty am I creating, cultivating, or inviting in today?**

## RESOURCE LINKS:

<http://www.healingwarriorhearts.org>

<http://www.Rebootrecovery.com/crisis>

<https://www.mobile.va.gov/appstore/veterans>

<http://www.BeThereForVeterans.com>

<http://www.PsychArmor.com>

Webinar on Post Traumatic Growth and Resiliency :

[https://drive.google.com/open?id=1HnpxnC89EtLd-mtjV\\_PbDWMjmyUiivNV](https://drive.google.com/open?id=1HnpxnC89EtLd-mtjV_PbDWMjmyUiivNV)