

# CONNECTION CARE

## 'JUST FOR ME' SERIES

### WHAT?

A monthly (virtual) offering to invest in your own healing and wellbeing. Karen Iverson-Riggers and Lynn McLaughlin, with Ebb & Flow Connections Cooperative, will lead the monthly sessions.

### WHY?

Because remaining in a state of languishing and burnout is unsustainable, and we care about you and your wellbeing.

### WHEN?

Monthly, on the 3rd Thursday, on Zoom.  
TWO OPTIONS: 7:30 - 8:30 a.m.  
AND 11:30 a.m. - 12:30 p.m.

#### Jan. 19 - MeCPR/Self & Community Care

There is so much talk around self care and taking responsibility for our well-being. This becomes detrimental when the burden of well-being is put on the individual exclusively. Learn about the revolution of meCPR and healing through connection.

#### Feb. 16 - Rest & Radical Rest

What would it be like to live in a well rested world? Far too many of us have claimed productivity as the cornerstone of success. Explore the liberating practices of rest, daydreaming, and naps as a foundation for healing and justice.

#### March 16 - Pandemic Recovery & Grief

Grief is a constant in life. Whether it's a small change or the loss of a loved one, our lives are impacted and we experience the process of letting go... and it looks different for everyone. In the context of pandemic recovery, what grief are you holding...and what's holding you?

#### April 20 - Imagination & Curiosity

We can learn so much from the lens through which children see our world. Let's imagine together and lean into the practice of curiosity instead of judgment - for our experiences, emotions, and the other humans around us!

#### May 18 - Science/Biology of Emotion

We live in a culture that values thought and logic over emotion, but science has proven the detrimental physical and mental effects of pushing emotion aside and suppressing them. Emotions are the missing piece in our wellness journey.

#### June 15 - Personal Processing of Emotion

What's your relationship with emotion? Are some emotions more comfortable to express? Come explore our awkward, messy relationship with emotion and embrace a new way of being present with emotion.

#### July 20 - Discomfort

One of the most important lessons in life is recognizing that it is often uncomfortable. This is especially true when it comes to sitting with emotion. What are the ways you avoid discomfort (social media, food, alcohol, "doing,"...)? Becoming aware of our discomfort and pausing long enough to recognize it builds self awareness and growth.

#### Aug. 17 - Both/And

Break the binary! Our brains are conditioned to work in either/or and try to put things into boxes. This has served us as a survival instinct, but doesn't work well for most of our human experience. Come explore the practice of both/and in processing our experiences and honoring emotion.

#### Sept. 28 - Mistake Making

Find the power in the vulnerability of mistakes! Our value does not come from being perfect. When we embrace our raw humanness and share vulnerably with others, we learn how to embrace mistakes and find courage to take risks.

#### Oct. 26 - Healthy Boundaries

We often hear about the importance of setting boundaries as a way of practicing self-care, but what about emotional boundaries? How do you intentionally create space for awareness of your emotion as well as recognizing how your body reacts to the emotions of others? This exploration of boundaries allows for individual awareness and intention.

#### Nov. 16 - Supporting Others

Brené Brown said "We cannot be more connected to others than we are to ourselves." Over the past year, we've explored deepening connection within ourselves. Learn how this connection serves us in supporting others to connect within themselves.

#### Dec. 21 - Connection is Prevention

Connection within ourselves to hear our own voice can be life saving. Deep connection where we feel seen and heard is empowering and revitalizing. Connection is prevention, and continuing practice.



Scan for Zoom link, or copy link:

<https://us06web.zoom.us/j/96147135643?pwd=REk4NjA2M01yS1lLVltoVXBXMkd1Zz09>

Meeting ID: 961 4713 5643

Passcode: 791803

