From Otherness to Us:
Awakening from the Illusion of Separateness & Embodying Connection for the Climate Emergency

Our vision is of a world where people of all religions, races, ages, abilities, sexual orientation and gender identification were equally respected, included and welcomed. (Miller-Karas, 2019).

Building Community-Based Population-Level, Culturally-Grounded Mental Wellness and Resilience for the Climate Emergency, TRI/ITRC Acknowledges the Dialogue About Equity Diversity & Inclusion is a Dialogue For All!
This is vitally important because, left unaddressed, climate generated accelerating disasters and cascading disruptions to ecological, social, economic, health and other systems people rely on for basic needs will aggravate existing and produce new forms of separation and otherness.

Our vision is of a world where people of all religions, races, ages, abilities, sexual orientation and gender identification were equally respected, included and welcomed. (Miller-Karas, 2019).

This is also vitally important because without enhanced awareness and great care, both community-based mental wellness and resilience building efforts and actions to reduce emissions and adapt to climate impacts can aggravate existing and produce new forms of separation and otherness.
Preparing for the future.

What groups are you engaging? Or not?

Are there “invisible” groups or communities?

**GOALS:**

- To integrate mental wellness and resilience skills into activities of daily living with respect to historical/ongoing/cumulative acute traumas and relentless toxic stresses
- To gain self-awareness and skills for navigating activation caused by advantage and oppression
- Empower and strengthen voices in communities through resilience zone dialogue
Resiliency and Trauma Informed. Creating safer spaces for dialogue regarding our differences, honoring our lived experiences and remembering what binds us as a world community.

Core Values:
Service
Social Justice
Dignity
Respect
Worth of every person, family and community

From Inequality to Justice

Inequality
Unequal access to opportunities

Equality?
Evenly distributed tools and assistance

Equity
Custom tools that identify and address inequality

Justice
Fixing the system to offer equal access to both tools and opportunities
Equity is the quality of being fair and impartial. Involves treating each person according to their needs and considers individual needs of people.

Equality is the state or quality of being equal. Involves treating each person in the same manner, irrespective of their differences and does not consider individual needs of people.

Justice is the state or quality of being just. Involves treating each person in a manner that makes things right and considers altering systems to meet the needs of people.

**INTERSECTIONALITY**

The ‘meeting place’ where multiple experiences and identities come together and INTERSECT.

- Ability
- Social Class
- Gender
- Race

Other Identifiers (not an exhaustive list):
- Food/Home Insecurity
- Age
- Religion
- Rural/Urban
- Liberal/Conservative
- Immigration Status
- Biological Identification
- Gender Identification
- Sexual Orientation
- Education

*Term originally coined by Kimberle Crenshaw (1989)
INTERSECTIONALITY
The ‘meeting place’ where multiple experiences and identities come together and INTERSECT

Identity Signs Activity:

The part of my identity that I am most aware of on a daily basis is_________.

The part of my identity that I am the least aware of on a daily basis is_________.

The part of my identity that provides me the most privilege is ___________.

The part of my identity that I believe is the most misunderstood by others is ___________.

The part of my identity that I feel is difficult to discuss with others who identify differently is ___________.

The part of my identity that makes me feel discriminated against is ___________.

Resiliency Pause

As we take this pause, what are you noticing?

If distress, can you use one of your skills to experience less distress to be more fully present?

What skill did you use?
We all have *access* to the language of our biology and a framework to help understand the human experience.

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**Guiding Thoughts**

- Understand the lived experiences through the trauma lens (and ultimately through wellness and resilience).
- Cultivate awareness around the amount of biological dysregulation that occurs as a result of those lived experiences.
- Share wellness and resiliency skills that can be cultivated within communities for children and adults.
- Promote compassionate dialogue and continuous learning and reflection.
IMPLICIT BIAS is referred to as the attitudes, stereotypes that affect our understanding, actions, and decisions in an *unconscious manner*.

Kirwan Institute for the Study of Race and Ethnicity at Ohio State University

They are activated *involuntarily without an individual's awareness or intentional control*—this is different than biases we are aware of.
STRUCTURAL RACISM:

• A system in which public policies, institutional practices, cultural representations, and other norms work in various, often reinforcing ways to perpetuate racial group inequity.

• It identifies dimensions of our history and culture that have allowed advantages associated with “whiteness” and disadvantages associated with “color” to endure and adapt over time.

• Structural racism is not something that a few people or institutions choose to practice. Instead it has been a feature of the social, economic and political systems in which we all exist. (ASPEN INSTITUTE)

HUMAN TOLL OF MULTIPLE EXPERIENCES WITH DISCRIMINATION AND RACISM

• Historical
• Structural
• Institutional
• Chronic
• Recent Incidents
Resilience skills help us with monitoring and identifying our behaviors and biases.

Biases and behaviors can change and can be unlearned!

- What or who is helping you get through this right now?
- How can we work together to help?
- At other times, what have you done to get through?
“Not everything that is faced can be changed, but nothing can be changed until it is faced.”
- James Baldwin

“Our compassion cannot be limited only to those who look like us or who share our citizenship or religion; it must be extended to encompass everyone on the basis of our common humanity.”
- The Dalai Lama