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 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 supercede existing and produce new forms of separation and otherness.
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.

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).

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

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.

From Inequality to Justice

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<thead>
<tr>
<th>EQUALITY</th>
<th>EQUITY</th>
<th>JUSTICE</th>
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<tbody>
<tr>
<td>Equality is the state or quality of being equal</td>
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Equality
- Involves treating each person in the same manner, irrespective of their differences
- Does not consider individual needs of people

Equity
- Involves treating each person according to their needs
- Considers individual needs of people

Justice
- Involves treating each person in a manner that makes things right
- Considers altering systems to meet the needs of people

Equity
- The quality of being fair and impartial
- Involves treating each person according to their needs
- Considers individual needs of people

Justice
- The state or quality of being just
- Involves treating each person in a manner that makes things right
- Considers altering systems to meet the needs of people
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 __________.

Adapted from socialjusticetoolbox.com

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.

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. 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 inequality.
- 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