



## 1. Cultivating Awareness

### 1. Meditation Practices and Centers

- a. 1 min, 4 min, 10 min, 15 min guided meditation: <https://www.nytimes.com/guides/well/how-to-meditate>
- b. Vipassana Meditation: <https://www.dhamma.org/en-US/index>
- c. East Bay Meditation Center: <https://eastbaymeditation.org>

### 2. Yoga

- a. Free online guided yoga videos: <https://www.downdogapp.com/web>
- b. “Physical Space Distanced, Low Cost Yoga Offerings for All” <http://yogaforsocialdistance.com>

### 3. Journaling: <http://www.contemplativemind.org/practices/tree/journaling>

## 2. Managing Emotions & Needs

1. **Feelings Wheel:** [www.simplemost.com/feeling-wheel-will-help-better-describe-emotions](http://www.simplemost.com/feeling-wheel-will-help-better-describe-emotions)
2. **Tree of Contemplative Practices** [www.contemplativemind.org/practices/tree](http://www.contemplativemind.org/practices/tree) (Website includes links to each branch of the tree. The image is also below)
3. **Nonviolent Communication:** <https://www.cnvc.org>
  - a. [Needs Inventory](#), [Feelings Inventory](#)
4. **Intent vs Impact source:** VISIONS, Inc <https://www.visions-inc.org>
  - a. [Agreements for Multicultural Interactions](#) from East Bay Meditation Center

## 3. Processing Pain & Trauma

1. **Window of Tolerance:** [Link to Infographic](#) from NICABM
2. **Book:** *Mindsight* by Daniel Siegel
3. **Website:** The Relational Center <https://www.relationalcenter.org>
4. **Website:** Relational Uprising <https://relationaluprising.org>

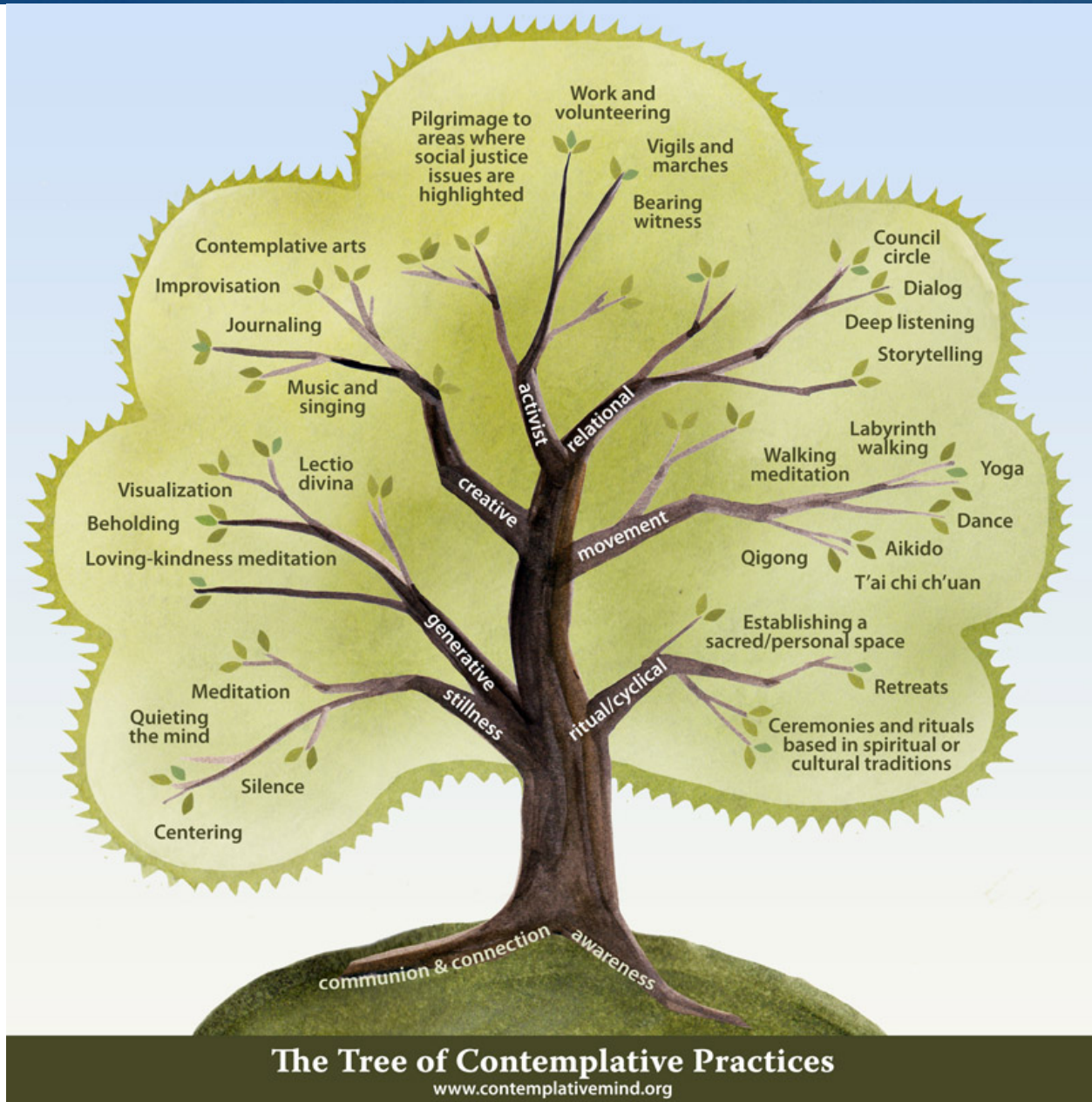
## Additional Resources

1. **Database:** [Mental & Physical Health Support](#) during COVID-19
2. **Resource Guide** by TRACC (Trauma Response and Crisis Care [www.tracc4movements.com](http://www.tracc4movements.com)) which includes webinars, YT recordings, suicide prevention & addiction recovery support links, LGBTQIA support, Spiritual resources, articles, etc.
  - a. Free Community Care Provider support **for Activists/Organizers, BIPOC/QTPOC and First Responders:** Fill out [this form](#)
3. **Virtual Weekly Gathering:** Irresistible Care Circle <https://irresistible.org/circle> “a life-giving, interactive virtual gathering place for connection and care in this time” every Thursday, 8-9pmEST
4. **Website:** Care for your Coronavirus Anxiety <https://www.virusanxiety.com>
5. **Website:** Herbalism resources <http://www.herbstalk.org/covid-19-resources.html> by Herbstalk a “grassroots, Boston-area herbal event” (<http://www.herbstalk.org>)





# Building Emotional Resilience



## Other Ayni Webinars:

- The Strategy of Mutual Aid: [bit.ly/MutualAidVideo](http://bit.ly/MutualAidVideo)
- Movement Ecology in Times of Crisis: [bit.ly/MECrisisVideo](http://bit.ly/MECrisisVideo)

