



**Oregon Women Lawyers  
Working Parents Committee**

*presents*

***Addressing Trauma and  
Interpersonal Violence: Finding  
Peace During the Pandemic***

**Tuesday, October 6, 2020  
12:00 p.m. – 1:00 p.m.**

**Presenters:**

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**Kyra M. Hazilla, JD,  
LCSW  
Oregon Attorney  
Assistance Program**

**&**

**Fay Schuler,  
Executive Director  
Call to Safety**

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**ZOOM webinar**

*Qualifies for 1  
MHSU MCLE credit*

[www.aaap.org](http://www.aaap.org)

503.226.1057

## Biographies:

**Kyra M. Hazilla, JD, LCSW**, is an attorney counselor with the Oregon Attorney Assistance Program (OAAP). Kyra is a 2006 graduate of the University of Michigan Law School (JD) and School of Social Work (MSW), and studied psychology and music at Vassar College (BA, 2002). She was a public defender practicing juvenile law for most of her legal career, advocating for children and families struggling with myriad challenges. She is a trained counselor having completed more than 3,500 postgraduate social service hours, whose experience includes crisis intervention, working with victims of sexual assault, drug and alcohol dependency, and many years helping domestic violence survivors and their children.

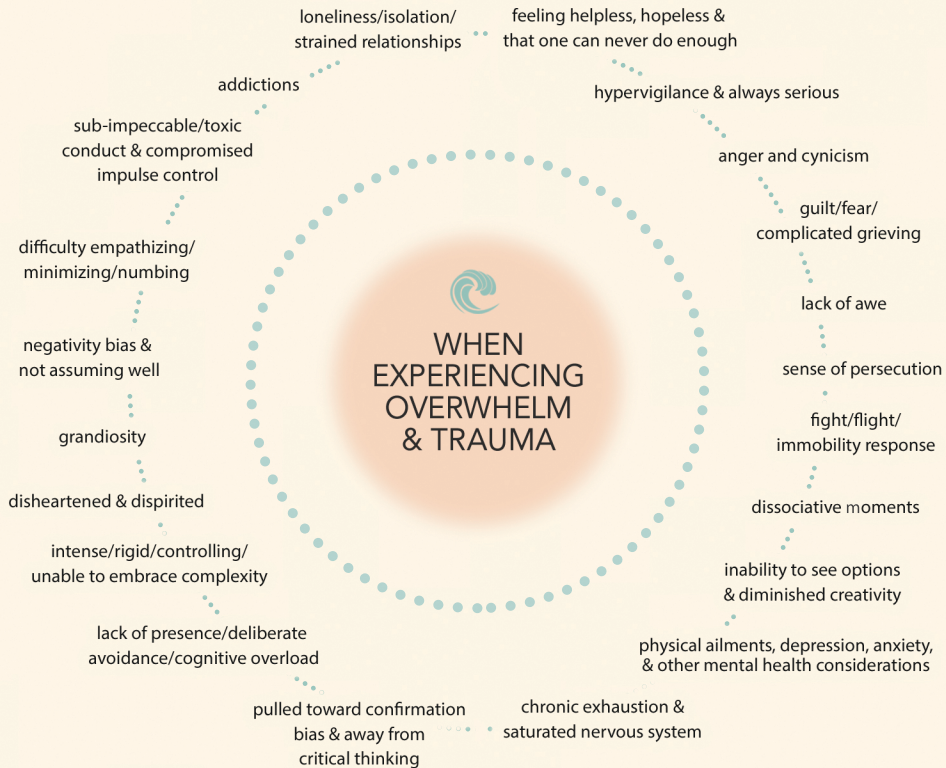
[kyrah@oaap.org](mailto:kyrah@oaap.org)

503-226-1057, ext. 13

### **Fay Schuler, Executive Director**

#### **Executive Director of Call to Safety since January 2018**

Fay has been supporting survivors of domestic and sexual violence since 1997 throughout the tri-county area. Fay has a bachelor's degree in psychology and has held positions varying from Advocate, Children's Program Coordinator, Foster Parent Educator, Shelter Coordinator, Program Manager and Executive Director. Fay is active within many forums which work to center the needs of survivors locally and statewide. Her most significant accomplishment has been creating a permanent supportive housing program for survivors and increasing shelter access within our community. Fay oversees Call to Safety's core service of 24/7 confidential crisis line services for survivors of domestic and sexual violence.



# Tiny THE TRAUMA STEWARDSHIP INSTITUTE'S SURVIVAL GUIDE

**PROTECT YOUR MORNINGS**  
[or whenever you wake up]  
less cortisol, more intentionality.



**GO OUTSIDE**  
[or look outside]  
perspective, context +  
something larger than this.



**BE ACTIVE**  
[avoid stagnation]  
in body, mind, spirit.

**CULTIVATE RELATIONSHIPS**  
those that are edifying + healthy.

**NURTURE GRATITUDE**  
what is one thing, right now,  
that is going well?



**DETOX**  
if navigating addictions,  
be wise + safe  
limit news + social media.

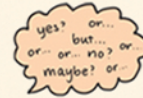
**SPEND TIME WITH ANIMALS**  
↓ stress hormones, ↑ comfort.



**METABOLIZE ALL YOU ARE EXPERIENCING**  
re-regulate your nervous  
system.



**SIMPLIFY**



[less is more]  
be aware of decision  
fatigue + cognitive overload.

**ADMIRE ART**  
the gift of feeling transported.



**LAUGH**  
pure humor = a sustaining force.

**FOSTER HUMILITY  
& EXTEND GRACE**

self-righteousness  
+ hubris = unhelpful.

**SLEEP**



to cleanse + repair brain + body.

**CLARIFY INTENTIONS**  
how can i refrain from causing harm,  
how can i contribute meaningfully?

**BE REALISTIC + COMPASSIONATE**

[with yourself]  
be mindful of the quality of your  
presence. it means so much  
to others.



# grateful

even now.  
especially now.

date

i am grateful for...

psyched about...

Yessss!

paying attention to...

taking a moment  
to notice...

## My Maintenance Self-Care Plan Worksheet

Consider what you do now for self-care and list those activities within each dimension of self-care on this worksheet (or you can add new dimensions at the end that represent other aspects of your life). Identify new strategies that you will begin to incorporate as part of your ongoing maintenance self-care plan — pay particular attention to domains that you have not been addressing in the past. On the last page identify barriers that might interfere with ongoing self-care, how you will address them, and any negative coping strategies you would like to target for change.

<p style="text-align: center;"><b><u>MIND</u></b></p> <p>Current practice</p>   <p>New practice</p>	<p style="text-align: center;"><b><u>BODY</u></b></p> <p>Current practice</p>   <p>New practice</p>
<p style="text-align: center;"><b><u>EMOTIONS</u></b></p> <p>Current practice</p>   <p>New practice</p>	<p style="text-align: center;"><b><u>SPIRIT</u></b></p> <p>Current practice</p>   <p>New practice</p>

# My Maintenance Self-Care Plan Worksheet

<u>WORK</u>	<u>RELATIONSHIPS</u>
<p>Current practice</p> <p>New practice</p>	<p>Current practice</p> <p>New practice</p>
<p><u>OTHER: _____.</u></p> <p>Current practice</p> <p>New practice</p>	<p><u>OTHER: _____.</u></p> <p>Current practice</p> <p>New practice</p>

## My Maintenance Self-Care Plan Worksheet

<p><b>Barriers to maintaining my self-care strategies</b></p>	<p><b>How I will address these barriers and remind myself to practice self-care</b></p>
<p><b>Negative coping strategies I would like to use less or not at all</b></p>	<p><b>What I will do instead</b></p>

(Adapted by Shirley Reiser, LCSW and Lisa D. Butler, PhD from materials provided by Sandra A. Lopez, LCSW, ACSW, University of Houston, Graduate School of Social Work.)



## Resources:

- <https://oaap.org/thriving-today/vicarious-trauma-in-the-time-of-covid-19/>
- Emotional well-being during the COVID-19 crisis for health care providers webinar series: <https://psych.ucsf.edu/copingresources/webinars>
- <https://www.psychologytoday.com/us/blog/all-about-attitude/202003/building-resilience-during-pandemic>
- Everything Rick Hanson
  - <https://www.rickhanson.net/being-resilient-during-coronavirus/?highlight=pandemic>
  - <https://www.rickhanson.net/practical-help-for-specific-issues/>
  - <https://www.mindful.org/how-to-cultivate-the-resources-for-resilience/>
- New experiences in our bodies: <https://www.nytimes.com/2020/06/04/smarter-living/the-pandemic-is-stressing-your-body-in-new-ways.html#:~:text=Tingling%20feet%2C%20digestive%20troubles%2C%20skin,that%20the%20coronavirus%20has%20brought.&text=If%20you%20are%20feeling%20a,19%2C%20you%20are%20not%20alone.>
- <https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c>
- Coping during COVID: <https://psychiatry.ucsf.edu/copingresources/covid19>