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Welcome!

We will begin promptly at 1pm.

We invite you to **introduce yourself** in the chat with your name, position title, location/organizational affiliation, and something that you do for self-care.

Make sure you change the setting so you're sending the message **To: All panelists and attendees**

If you have a specific question or topic that you would like covered in this webinar, feel free to add it to the Q&A section.

Take care of yourself!



DAY ONE®
THE CALL TO SAFETY



Women's Advocates
Breaking the cycle of domestic violence

NATIONAL DOMESTIC VIOLENCE HOTLINE

www.thehotline.org

Call 1-800-799-7233 or live chat at www.thehotline.org

Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

MINNESOTA DAY ONE

www.dayoneservices.org

Call 1-866-223-1111, text 612-399-9995

Day One is a statewide network of domestic violence, sexual assault, human trafficking, youth-and community-advocacy programs in Minnesota.

WOMEN'S ADVOCATES

www.wadvocates.org

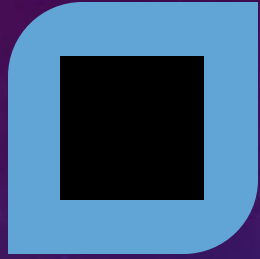
Call 651-227-8284, email resources@wadvocates.org, or live chat at www.wadvocates.org

Women's Advocates is a domestic violence shelter in St. Paul, Minnesota that

Poll: What best describes your role in the community?



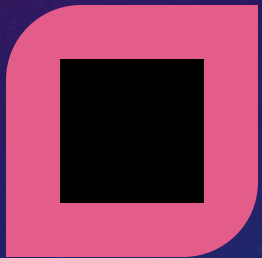
Dimensions of safety



Holiday-Specific
Threats to Safety



Safety Needs + Tips



Tips for helping a
loved one



Integrating Resources
(breakout rooms)



Resources

OVERVIEW OF THE NEXT 90 MINUTES

SAFETY: exploring the dimensions

Physical

- Taking steps to protect self and others.
- Ensuring physical well-being
- Maintaining physical health

Emotional

- Taking steps to manage feelings
- Practicing empathy
- Managing conflict productively
- Thinking win/win
- Being emotionally intelligent

Cognitive

- Managing how and what we think
- Making decisions collaboratively and productively
- Treating new ideas with respect
- Fostering creative thinking and innovation



DIMENSIONS OF SAFETY

EMOTIONAL SAFETY IS...

Merriam-Webster definition of **safety**: “**freedom from harm or danger** : the state of being *safe*. : the state of not being dangerous or harmful. : a place that is free from harm or danger : a *safe* place.”

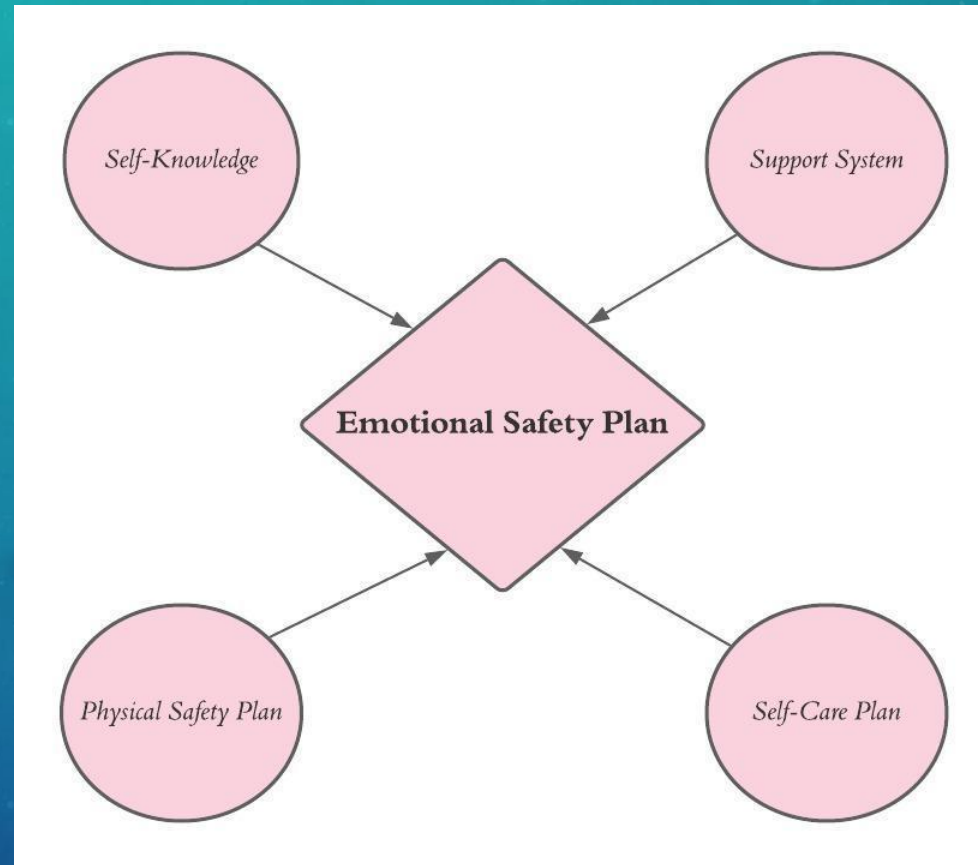
A safe place requires that you do not feel as if you are at risk of harm or danger and **with emotional safety it means knowing that you will not be criticized, blamed, rejected, invalidated or dismissed by your partner.**

Emotional safety is “a feeling that your innermost thoughts, feelings and experiences are, and will be, honored as one honors themselves. You need not prove, nor impress; you just simply are. When it is present you feel open, even, at ease, and fluid with the spontaneity of a healthy child.”

Emotional safety means you are:

- Safe to express yourself fully and authentically
- Safe to share **dissatisfaction** about something your partner did
- Safe to share desires, displeasure, and fantasies
- Safe to share **personal insecurities** and fears
- Safe to have a conversation **without it escalating** to an argument

WHAT'S IN AN EMOTIONAL SAFETY PLAN?





BARRIERS & THREATS TO EMOTIONAL SAFETY: **THE HOLIDAY EDITION**

Poll: which of these concern you the most as you prepare your seasonal safety plan?



EXTERNAL THREATS TO EMOTIONAL SAFETY

Encountering former abusers or bullies

Family/friends who are more supportive of your abuser than you as victim-survivor

Pressure to stay silent about abuse, "keep the peace" during gatherings

Unwanted pressure to reveal details of your relationship or experiences

Conflict or pressure about gathering during COVID

Others: write in the chat!

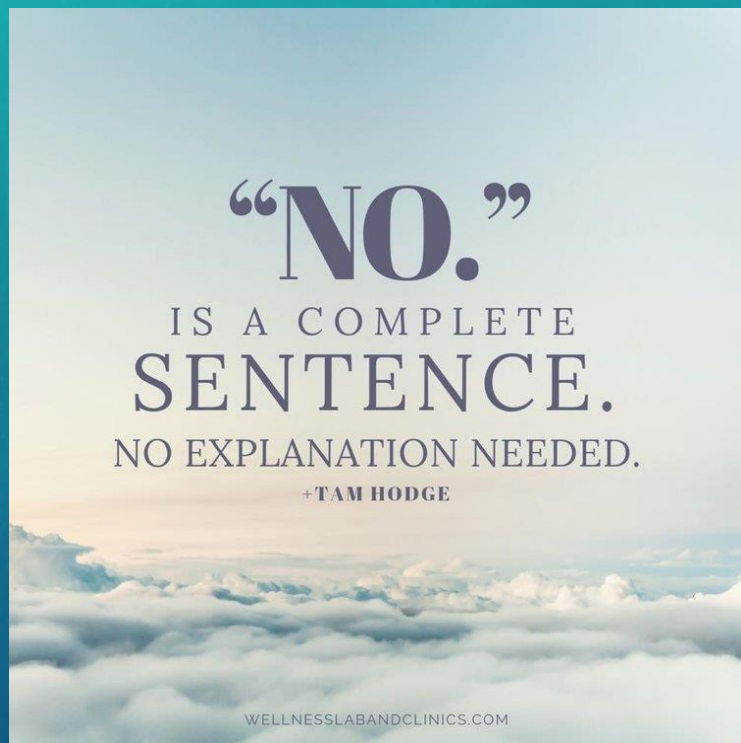


EMOTIONAL SAFETY TIPS: EXTERNAL THREATS

Before	What can you expect?	Practice setting/enforcing boundaries	Physical safety plan (advocate or friend)
During	Find safe topics for changing the subject	Step out for a walk (does the dog need to go?)	Switch to "observing mode"
After	Plan time to recharge: nap, walk, music	Debrief with an advocate	Congratulate yourself!



BOUNDARIES: THE GIFT THAT KEEPS ON GIVING



Getting comfortable with:

- Our own needs
- Being allowed to take up space
- The idea that having different needs from other people is okay
- The word 'no' – both hearing it and saying it



INTERNAL THREATS TO EMOTIONAL SAFETY

Pressure to be "in the spirit" when you'd rather not

Loneliness, isolation, feeling distant from loved ones

Flashbacks to difficult or traumatizing holiday memories

Suicidal thoughts or ideation

Confusion about the state of your relationship

If you're having thoughts of suicide, please call the National Suicide Hotline at 1-800-273-8255 OR text "HOME" to 741741



EMOTIONAL SAFETY TIPS: INTERNAL THREATS

Threat to Safety	Tips
Pressure to be "in the spirit" when you'd rather not	<ul style="list-style-type: none">Validating article!More validation hereEven more here!
Loneliness, isolation, distance from loved ones	<ul style="list-style-type: none">Make a relationship inventory- and get creative.Look at old pictures, write/draw about favorite memories
Flashbacks to difficult or traumatizing holiday memories	<ul style="list-style-type: none">Grounding activities hereSafe Place activity here
Confusion about the state of your relationship	<ul style="list-style-type: none">Review documentationFact-checker friend
Suicidal thoughts and ideation	<ul style="list-style-type: none">Text HOME to 741741Mental health hotlinesReal Emergency Contact

SELF-SOOTHING/SELF-CARE

- Think of your favorites: favorite movie, color, place, animal, person, season, music.
- Get yourself some hot cocoa, coffee, soda, juice or water. Drink your beverage slowly focusing on the sensations of taste, smell and temperature.
- Give yourself a regulating hug: place your right hand across your heart and put your palm against your body with your hand under your armpit. Take your left arm across the body towards the right and hold your own deltoid or upper arm close to your shoulder for a calming self-hug.
- Wrap in a blanket and rock in a rocking chair.
- Wrap up in a heated blanket or put your clothes/blanket in the dryer to warm up then put them up and relax.
- Take a warm shower or bubble bath.
- Light scented candles or oil.
- Play soothing music.
- Burn essential oils in a diffuser.
- Go out into the warm sun for 15-30 minutes
- Apply a cool washcloth to your face – add lavender essential oil for a calming boost.
- Practice deep breathing or try some of these yoga breathing exercises to shift your mood:
 - If you're feeling depressed, try the [breath of joy](#) to energize you.
 - Calming and compassionate [3-part breathing](#).
- Listen to calming and soothing music for 10 minutes.
- Play, pet (and walk) a pet for 10 minutes or more.

SAFETY DURING VIRTUAL CELEBRATIONS

"ARE YOU SAFE AT HOME?"

Virtual Celebrations and the Pandemic

Holidays can be a time of joy and relaxation for victim/survivors, but may also be a source of stress and anxiety. This year, family and friends may gather virtually to celebrate and catch up with loved ones. Family and friends can take note of several cues that may indicate a loved one is being hurt in their relationship and might need help.



DURING A VIRTUAL VISIT OR CELEBRATION

Possible cues to watch out for before or during virtual celebrations:

- A loved one's agitation, fear, or a startle response around a partner;
- Visible injuries and inconsistent explanations for those injuries;
- A loved one's sudden and unexpected excuses for not being able to attend the visit;
- A partner appearing to coerce a loved one into drinking more than they would like;
- A partner making unkind remarks about what a loved one is eating or has cooked;
- A partner listening in on the meeting and "monitoring" conversations or answering questions for your loved one without giving them a chance to speak;
- Yelling, slamming doors, breaking dishware, or signs of property damage in the background of the call.

If you notice some potential warning signs before or during a virtual holiday get-together, there are some simple steps you can take, keeping in mind that conversations about abuse or unhealthy relationships should occur one-on-one, not in front of friends, family, or partners.



VIOLENCE FREE
MINNESOTA

TIPS FOR HELPING A LOVED ONE

"ARE YOU SAFE AT HOME?"

Virtual Celebrations and the Pandemic



VIOLENCE FREE
MINNESOTA



TIPS FOR HELPING A LOVED ONE:

- Ask your loved one if they would like an individual "catch-up" call after the holidays.
- At the end of the visit, find a few minutes to talk with your loved one alone to let them know that you're concerned about some of the things you've noticed.
- Find a few minutes alone to ask if your loved one is interested in being connected with a domestic violence resource such as a hotline.
 - If yes, ask them what the safest method for sharing this information is - via the chatbox? Verbally so they can write it down, add it under a different contact name in their phone, or memorize it? Via text?
 - Minnesota's DayOne 24/7 Crisis Hotline:
Call: 1.866.223.1111 Text: 612.399.9995
- Let your loved one know that you care about them, miss them, and are looking forward to seeing them again. Oftentimes, people in abusive relationships may be insulted or criticized frequently, and a caring word can make a big difference.
- Share information about how to clear the browser history on their device(s).

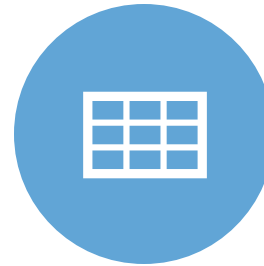


While we can't all be together physically this year for the holidays, virtual celebrations are a great option. For victim/survivors who may be more isolated than ever, they offer a critical opportunity to share kindness, warmth, and support during what may be a very stressful time of year.

PUTTING IT INTO ACTION: BREAKOUT ROOMS



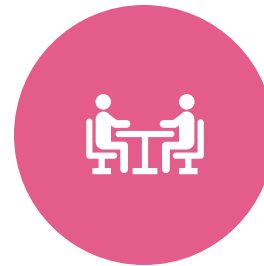
You will be in groups of 4.



As a group, select which situation you would like to navigate using the workshop worksheet.



One person can share their screen and type directly in the Word document. Or use the chat feature.



Work collectively to complete questions 1-9.

FOUR SITUATIONS

Situation #1: You are going to a holiday gathering with your partner who is abusive. You know your parents are going to ask you about the relationship. You know your partner will act like everything is fine and expects you to do the same. You want support from your parents but you're afraid of your partner finding out.

Situation #2: You are going to a holiday gathering with your partner who is abusive. You know that they have a habit of drinking too much and also becoming violent, aggressive, and mean. You are afraid of how they will act around your partner's family and you fear their violence escalating.

Situation #3: You are attending a virtual holiday gathering with your partner's family via Zoom. You know that around this time, your partner who is abusive will find every way to insult you. They criticize your appearance, how much you eat, and the quality of your cooking. You know that the family will justify the insults and support your abusive partner. You have felt unsupported, alone, small, and sad when this has happened in the past and you do not want to experience it again.

Situation #4: The holidays are approaching and your abusive partner is pressuring you to visit their family across the country, even though he knows you do not feel safe or comfortable with traveling during the pandemic. You know they are going to ask you again or try to coerce you the day of. You are terrified of what they will do in response to your refusal.

Poll: Which scenario did your group choose?

DEBRIEF / REFLECTION

How did it go?

What were some challenges you/your group noticed while completing the safety plan?

What other questions that you would want to ask in a safety plan?



EXPLORING YOUR PERSONAL EMOTIONAL SAFETY CONSIDERATIONS



- When have you felt emotionally unsafe?
- When have you felt that your emotions, reactions, thoughts, feelings etc. would be met with kindness, patience, and understanding?
- What components of safety are especially important to you?

[Learn more about routes to safety here](#)

[And here](#)

MORE ON THE ROUTES OF SAFETY...

Route	Pathway	Examples
Inner Guidance	self-resourced, meaning it's accessed primarily within oneself	self-reflective tools like journaling and meditation, having a spiritual practice, taking a moment to get in touch with one's intuition
Sensory Experiences	self-resourced	engaging the senses, like lighting a candle, using a weighted blanket, basking in the sunlight, being in nature
Private Retreat	self-resourced	"alone time" is key: making art, watching a movie alone under a blanket, daydreaming, reading (especially in "protected" spaces, like locked door, closed curtains, lights off, etc.)
Quality Relationships	socially sourced, meaning it depends on connecting with others	having needs met by another person, experiencing repair after conflict, intimate touch, caring relationships (including pets!)
Closeness and Proximity	socially sourced	receiving or giving a hug, being by yourself but with help available if needed, doing activities you enjoy with another person, having friends who will reach out to you first
Common Humanity	socially sourced	being heard and seen, knowing you aren't being judged, laughing with others, having hard emotions validated, having your boundaries respected
Protective Measures	action-oriented, meaning it comes from tangible action and change	someone defending you or defending yourself, being physically protected, being self-sufficient, accessing justice after harm
Structure and Certainty	action-oriented	having a consistent routine, having agency or a sense of mastery in one's life, having financial security, developing a solution to a problem, making a schedule or plan to follow, predictability

COMPREHENSIVE SAFETY PLANNING GOES BEYOND PHYSICAL SAFETY



Staying Safe Emotionally:

My abuser often makes me feel bad by saying this: _____

When he/she does this, I will think of these reasons why I know my abuser is wrong: _____ and _____

I will do things I enjoy, like: _____ and _____

I will join clubs or organizations that interest me, like: _____ or _____

What are my warning signs?

Warning signs are in your body and you can feel them when you get a little scared or worried about something. If you get a balloon and someone pops it in front of you, you might feel shocked and a little scared. These feelings are called the warning signs.

Can you draw a picture of a boy or girl and label where these early warning signs might be on the body? Butterflies in the tummy, wobbly legs, faster heartbeat, sweaty palms, sweaty head, goosebumps. Can you think of any more warning signs that you might like to draw too?

SELF-CARE PLAN BASICS

#1: Create an activity list organized around different parts of your life (e.g. work, physical fitness, emotional life, relationships/community)

#2: Note any barriers that may be in your way and how to shift them.

#3: Print out your plan, or write it on a piece of paper to display in your room or office. Share your plan with your closest friends. Encourage them to create their own plan and share it with you!

Source: www.womensadvocates.org

Women's Advocates
Building the skills of domestic violence advocates

WOMEN'S ADVOCATES HAS A LIVE CHAT FEATURE ON OUR WEBSITE

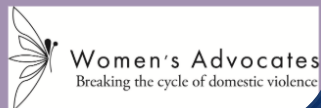


Chat with an advocate if:

- Someone you are living with or in a relationship with is causing you harm
- If you are scared for your safety and need somewhere to go
- If you need resources (legal, financial, housing, safety)
- You do not need to be in immediate danger to reach out to help. We want to help in any way that we can.

What we provide:

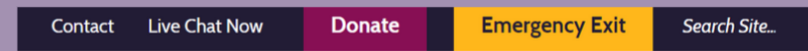
- Safety planning / response
- Emotional support
- Connection to helpful relevant resources
- Access to available shelter/housing programs



**Are you unsafe at home
and unable to make a call
for help or support?**



**Live chat with a trained safety crisis and
resource advocate TODAY at:**



www.wadvocates.org



RESOURCES AVAILABLE



<https://www.wadvocates.org/our-services/violence-prevention-education/safetyresources/>

Resource Categories include:

- Domestic Violence Service Programs/Survivor Support Groups
- Sexual Assault/Stalking/Sex Trafficking Victim Resources
- Legal Services
- Medical & Mental Health Services
- Emergency Shelters/Supportive Housing
- Emergency Assistance Services
- Child Services, Youth Services, Senior Citizens/Older Adults
- Disability Services, LGBTQ+ Services, Services for Men,
- Transportation, Furniture, Childcare Resources,
- Clothing Resources, Community Advocacy
- Family Support Services, Employment Services, Debt Management
- And more!



Comprehensive Searchable Resource Guide

100+ PAGES :
CONTINUALLY
UPDATED

Downloadable Resources

Specific to Minnesota



Minnesota Resource Tri-Fold

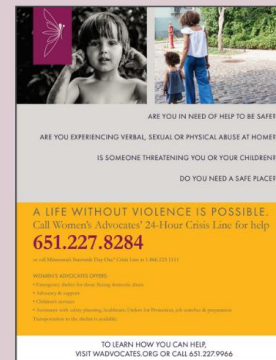


YOUTH Specific Tri-Fold



60 Page Resource Guide

Downloadable Resources SPECIFIC TO WOMEN'S ADVOCATES



Women's Advocates Flyer



Women's Advocates
Tri-Fold



Women's Advocates
Crisis Cards



MORE RESOURCES

- [Insights from the Hotline Room: Planning for Holiday Gatherings](#)
- [DayOne NY Safety Planning for the Holidays](#)
- [Reach Beyond Domestic Violence: Tips for Supporting Survivors During the Holidays](#)
- [Family violence safety planning during COVID-19](#)
- [Violence Free Minnesota Holiday Guide](#)

CONNECT WITH US ONLINE

Live chat at: www.wadvocates.org

24/7 Crisis Resource Line: 651-227-8284



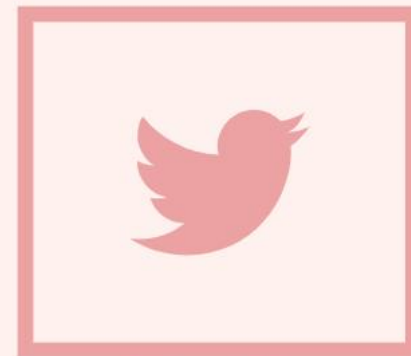
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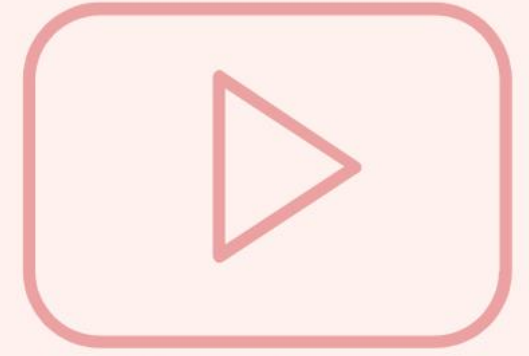
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