

SUMMER SURVIVAL SCOOP

Ohio Guidestone: How to Survive Summer 2020

How to Acknowledge the State of the World

As many of us have seen, COVID-19 is not the only thing affecting our world right now, we are also facing a time of unrest and political change within communities all across the nation. We have been shown the racism and unfair treatment of our Black and African American friends and family and the demand for necessary change.

In this edition we are going to look at how to practice self-care, the need to show love and compassion toward each other and how we can create change for a better future.

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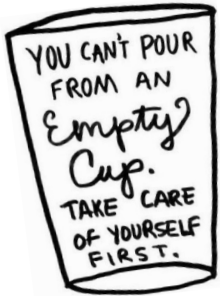
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The Need for Self-Care

In times of great unrest, staying engaged can be really overwhelming for everyone. Seeing and hearing about so much violence can cause not only secondary trauma, but it can also re-traumatize those who have gone through such struggles. While it is beyond important to stay informed and participate in this movement, it is also just as important to take care of ourselves during this emotionally charged time. We are going to look at ways to practice self-care while also maintaining engagement in the conversation.



“Just don’t give up what you are trying to do. Where there is love and inspiration, I don’t think you can go wrong.”
- Ella Fitzgerald



No matter whether you are on the frontlines participating at protests, doing self-education at home, having tough conversations with friends and family, or checking in and showing extra love towards your Black and African American friends, we all need to take the time to re-charge and take care of ourselves. Here are some ways you can do that!

- Taking a walk or run
- Watching an episode of your favorite show.
- Journaling
- Take a nap
- Unplugging from social media
- Listening/Writing Music
- Crafting
- Play sports

I look at the world BY LANGSTON HUGHES

I look at the world
From awakening eyes in a black face—
And this is what I see:
This fenced off narrow space
Assigned to me.

I look then at the silly walls
Through dark eyes in a dark face—
And this is what I know:
That all these walls oppression builds
Will have to go!

I look at my own body
With eyes no longer blind—
And I see that my own hands can make
The world that’s in my mind.
Then let us hurry, comrades,
The road to find.



Parent Tip: Having the Tough Conversations

Conversations of racism and police brutality can bring up difficult to answer questions from our children. It can be uncomfortable and hard to try and answer these, especially when we don't have clear answers or understandings of it ourselves.

I encourage you to lean into those uncomfortable feelings. Be honest with your children about what is going on in the world in age appropriate ways. Racism is a difficult topic to talk about, but it's a necessary conversation to have. It's important for us to teach our children to have love and compassion for all people in all walks of life. This website may spark some ideas for how to talk to your kids.

<https://www.dcareaeducators4socialjustice.org/black-lives-matter/resources/early-childhood-elementary#videos>

Books on Racism

- *White Fragility: Why its so Hard for White People to talk about Racism* by Robin DiAngelo
- *So You Want to Talk About Race* by Ijeoma Oluo
- *How to be an AntiRacist* by Ibram X. Kendi
- *Hair Love* by Matthew A. Cherry
- *Last Stop on Market Street* by Matt De La Pena
- *Whoever You Are* by Mem Fox



From "Hair Love" by Matthew Cherry

How to Get Involved

The world is undergoing such a massive, historical change. There are so many ways to get involved with this movement! However you decide to get involved, be aware of how much you are able to do. If you overextend yourself you will be unable to be of help to anyone. Check out the suggestions below and find one that best suits your capacity!

Fun Fact:

Shirley Chisholm was the first African American woman elected to the House of Representatives in 1968 to represent New York. Then in 1972 she was the first African American mayor and female party candidate for President of the United States.

- Participate and Support Peaceful Protests
- Donate & Support African American Businesses, Organizations, & Resources
- Showing Black and African American Friends & Family Extra Love & Support
- Exercising Your Right to Vote & Contacting Your Government
- Educate Yourself on Racism & Black History
- Challenge Micro-Aggressions & Have Difficult Conversations



Resources

- blacklivesmatter.com
- www.naacp.org
- m4bl.org
- lovelandfoundation.org
- beam.community/bvtn
- blackgirlssmile.org/resources

Ohio Guidestone Newsletter
Ohio Guidestone: 888-522-9174
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Here is a list of resources to not only help get you involved, but also mental health agencies dedicated specifically to help African Americans during this time.