

SART Meeting 11/4/2020

This month's meeting was via Zoom. As we had a guest speaker, we began with introductions; in attendance were the following:

- Chase Hyson—(guest speaker) Massage therapist and life coach at the MindBody Center
- Jessica Johnston-York—psychologist with Carruth Center
- Brenda Joseph—DV Coordinated Entry Specialist with WV Coalition to End Homelessness
- Paulette Southerly—Program Director with NWVCIL
- Riley Freeland—STOP facilitator/advocate with RDVIC
- Rebecca Frame—Civil Legal Advocate with RDVIC
- Deb Miller—volunteer with WV Senior Legal Aid
- Jeanette Southerly—Regional Coordinator with MAAETC
- Carl Phlegar—SART coordinator/advocate with RDVIC

Due to the fact the SANE Coordinator was unable to attend, we skipped the hospital updates this month and turned the meeting over to Chase Hyson to talk about self-care. In a previous meeting, we discussed vicarious trauma; in this meeting we are following with the vicarious trauma meeting with a guest speaker to provide a self-care training.

After introducing himself, Chase opened with a discussion on what is self-care. We discussed some things that we do to practice self-care, while he added that sometimes saying “No” and setting boundaries are examples of self-care. He discussed common issues, such as anxiety, depression, stress, sadness, grief, and fear that he often encounters as a life coach; he emphasized that sometimes practicing self-care requires asking questions such as “why do I feel stressed,” or “what am I afraid of.”

In discussing his own daily self-care, Chase discussed 3 practices that he likes to utilize:

- Prayer: whether religious or not, Chase described prayer as a way of checking in with yourself at the beginning of the day
- Meditation: Chase described this as a check on what you are focusing on throughout the day
- Contemplation: this was also described as self-reflection, a means of considering about what we thought about throughout the day, and where those thoughts led us.

Chase led us through a couple of exercises, including the 5-3-7 breathing technique (in for 5 second, pause for 3 seconds, out for 7 seconds). He discussed briefly how many experts suggest focusing on the exhale for individuals who are experiencing an anxiety attack. The second exercise Chase led us through involved proper posture and shoulder placement; he discussed learning to recognize patterns, such as whether we typically slouch our shoulders, as our bodies like to stay in these patterns.

I announced that our next SART meeting would be a SafeZone training with WVU's LGBTQ+ Center and we concluded the meeting 15 minutes early since we had to skip the hospital updates.