



PANEL: Embodying Resilience with Nkem Ndefo, Jonathan Fox, Paul Linden, Elaine Miller-Karas



Explore embodied resilience with panelists who discuss what it means to be resilient in the face of trauma.

TOP EMBODIMENT TIP: By being here, now, you are resilient. Consider what simple physical changes do to the feelings in your body. Then pay attention to the sensations of wellbeing within your body.

Nkem Ndefo is the Founder and President of Lumos Transforms and creator of the Resilience Toolkit.

- Flexibility and strength allows us to bend and to not only bounce back, but bounce *forward*.
- Resilience creates spaciousness for healing and transformation. The body may be telling the truth about something that happened in the past, rather than in the present moment.
- Trauma relating to racism does not stem from single incidents, but within societal structures.

Jonathan Fox is the Founder of Playback Theatre and the Listening Hour, where communities connect through stories.

- The act of bringing other people's experiences into our body builds our resilience.
- Psychotherapeutic interventions tend to happen privately when wider groups and communities need transforming.
- The body looks for hope. Sometimes people prefer to tell a story of hope, rather than one about their trauma.
- Telling a story at the right time is in itself an act of resilience.

Paul Linden is an Aikido Teacher and Founder of Being In Movement and Embodied Peace-Making.

- When you are closed, you feel protected but you can't move or think, and you are prone to violence and fear.
- When you open, you feel vulnerable at first, but the more available you are, the more you can avoid fighting at all.
- Resilience is the ability to stay as open as you can, using power and love together. Power comes through gentleness.
- Change language so that emotions become actions not things or nouns to objectify, and in doing this, take full ownership of interactions. i.e., 'I do anger at you,' instead of, 'You made me so angry.'

Elaine Miller-Karas is the Co-Founder of the Trauma Resource Institute and author of, *Building Resiliency to Trauma: The Trauma and Community Resiliency Models*.

- Resilience is defined by how we keep going in spite of what we've had to live with.
- Resilient people are able to live with compassion and thrive when surrounded by chaos and oppression. They are change agents in the broader fabric of society. If we pay attention to the sensations of our wellbeing we *expand* our wellbeing.



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