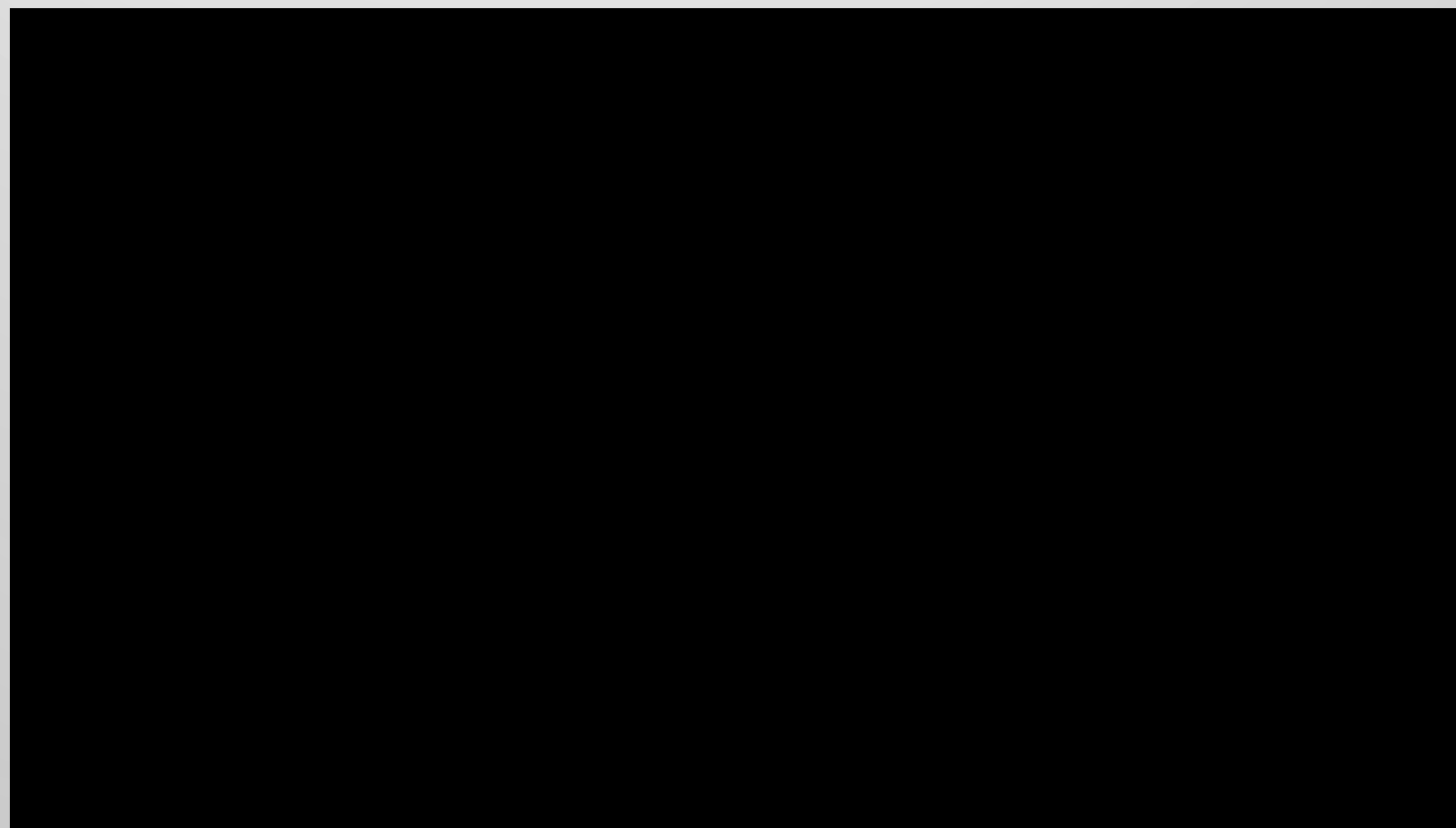




Caught Between Novel and Normal





Polling Instructions

Respond at Pollev.com/lorettao830

OR

Text the message “lorettao830” to the number “22333” once to join the poll, then text your response(s) to 22333

Have you used the phrase "hitting a wall" to describe how you are feeling in the past 2 weeks?

A Yes

B No



Brandon Kyle Goodman ✓

@brandonkgood



I told my friend that I'm emotionally "hitting a wall" and she said "Sometimes walls are there so we can lean on them and rest."

I can't even begin to express how much I really needed to hear that.

8:08 AM · Jan 17, 2021 · Twitter for iPhone

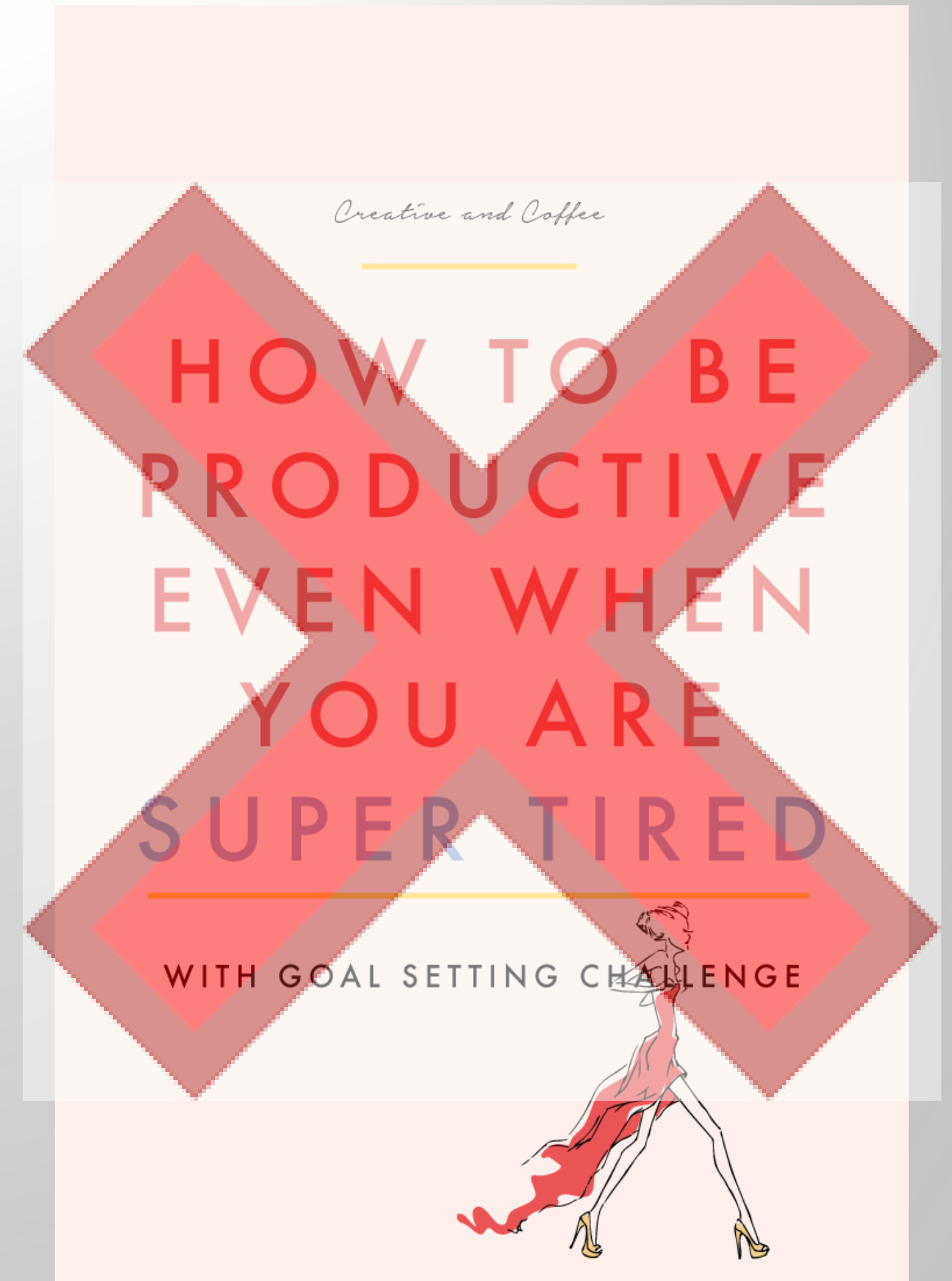


anyone else feeling
unrelenting exhaustion?





and what
do we do
when we
feel that
way?





Stop the glorification of busy.

Busy, in and of itself, is
not a badge of honor.

It is okay to not be busy.

Repeat this with me:

It is okay to not be busy.

JOSHUA BECKER



becomingminimalist

what if the wall is there for a reason?



The secret is to not allow the fact that you can't do everything keep you from doing something.

Something, then rest.

Something, then rest.

glennon doyle, untamed



we're living in the in-between

A photograph of a person walking away from the viewer down a path in a forest. The trees are tall and thin, and the air is thick with mist or fog, creating a sense of depth and mystery. The lighting is soft and diffused, with a slightly cooler color palette.

LIMINAL

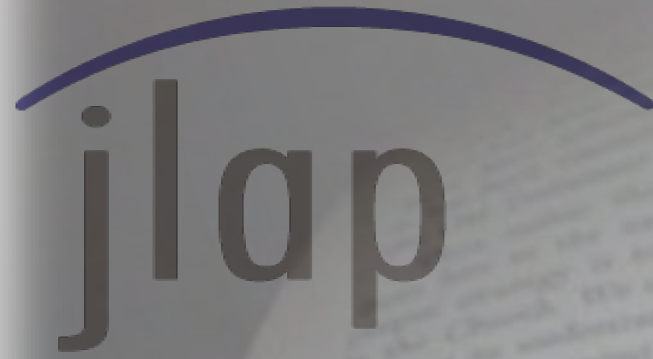
SPACE

How to bravely walk down the path of pain, and through the threshold of what "was" into what "is to become".



caught between novel and normal

- last march, this was novel, and we were cutting ourselves (and others) some slack
- the novelty has worn off and this has gone on longer than we expected
- but, this is still not normal



humans crave certainty

- we like to know what's coming next
- when we are in this in-between place, it's tempting to find ways to fast forward
- we want to skip to the last page to find out how the story ends...
- ...but the last page isn't written yet



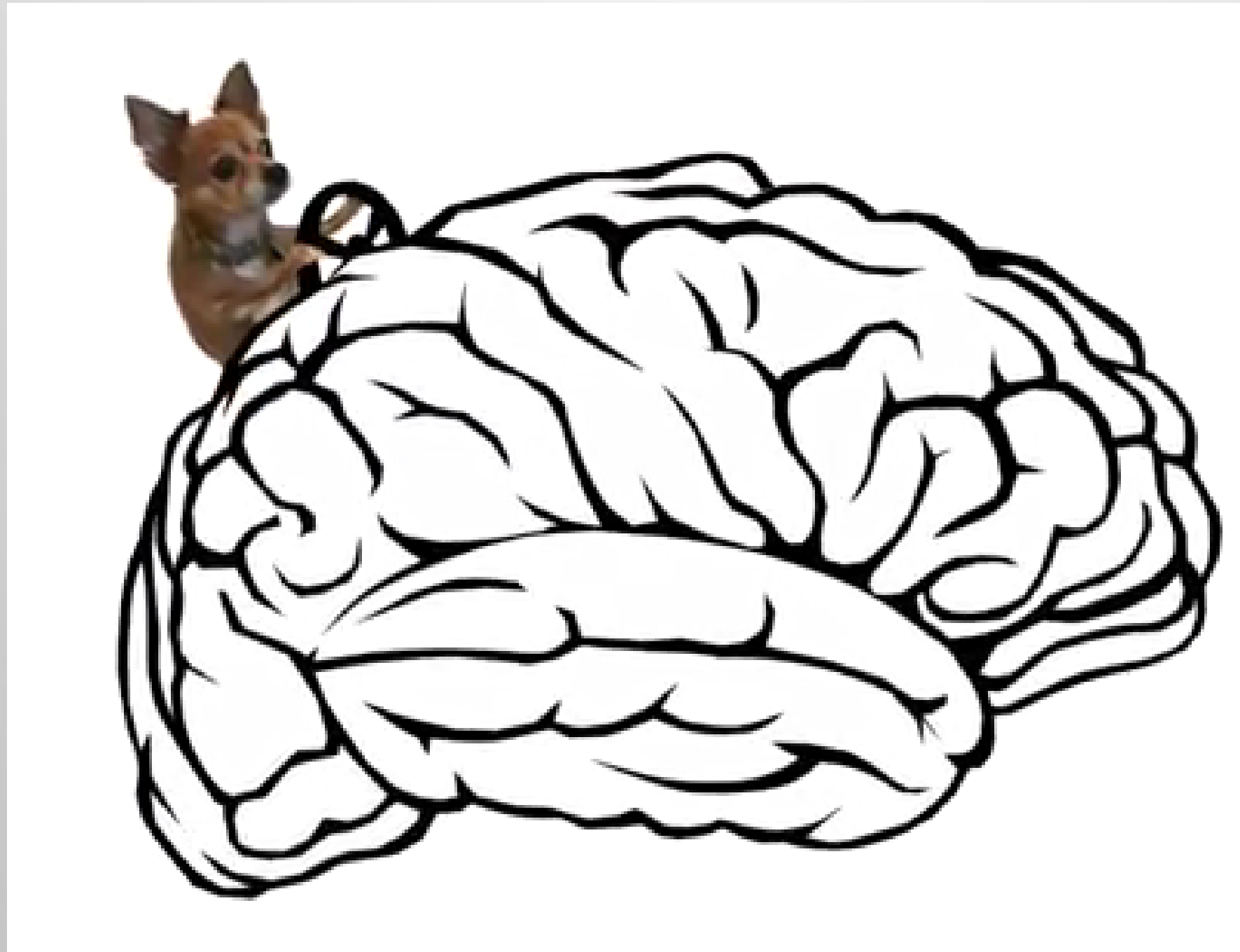
our brains on trauma



- amygdala is the smoke alarm of your brain
- amygdala can't tell the difference between real and perceived threat
- when living in state of ongoing perceived threat our brain has trouble engaging the parasympathetic response and returning to a state of calm

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meet
sam



search
alert
mobilize



so how do we navigate?



stay in the moment

- it takes about 6 seconds for the chemicals in your brain to dissipate – take a few deep belly breaths
- identify something you can
 - see
 - touch
 - hear
 - smell
 - taste



don't deny the feelings

- when we try to deny or suppress the feelings we are having we make the amygdala hijack longer and stronger
- labeling the emotion helps re-engage the prefrontal cortex
- notice without judgment



watch your internal narrative





press pause before responding

- we're all on high alert – we can't have a conversation when our amygdala or the other person's amygdala are driving
- remember we are all in the same storm but not all in the same boat
- what's the story we are telling ourselves about the other person



be kind to yourself

Self-compassion is not letting yourself off the hook...but rather accepting your humanness in spite of things not being perfect.



it's ok necessary to grieve



"We are all dealing with the collective loss of the world we knew. The world we knew is now gone forever"

David Kessler



grieving plan a

- you may not identify what you're experiencing as grief, but we can and do grieve for the life we'd imagined when it *doesn't* transpire
- it's easy to become so consumed with managing the details of life that we don't recognize there is a loss to be grieved
- when we disengage from tough emotions they don't disappear; they define us

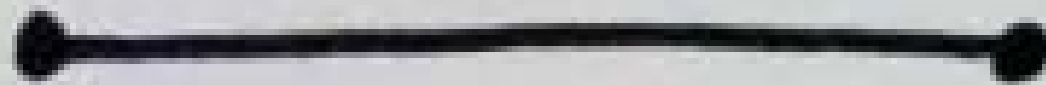


multiple kinds of grief

- personal losses
 - people, jobs, routine, physical connection, opportunities
 - not enough time to count the losses
- loss of ritual
 - shared rituals create social solidarity and provide meaning
- loss of stability and predictability

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HOW WE
WANT
GRIEF TO
WORK



HOW GRIEF
ACTUALLY
WORKS



What are you grieving today OR what expectations of normal are you releasing?



embracing plan b

by allowing ourselves to concede there is no new normal to return to we can grieve plan a and open ourselves to consider plan b by:

- seeing what *is*, not what *should* be
- seeing opportunities where we didn't before
- focusing not so much on what is lacking but rather on what we have
- creating new rituals/ceremonies

what new rituals/ceremonies have you created?



embrace
paradox

Yes, AND 
@HOLISTICALLYGRACE

Yes,	<i>we can feel grateful</i>	AND	DISAPPOINTED ABOUT THINGS BEING CANCELLED
Yes,	<i>we can enjoy extra time with loved ones</i>	AND	FEEL OVERWHELMED BY THEIR PRESENCE
Yes,	<i>we can be hopeful</i>	AND	FEEL LIKE EVERYTHING IS FALLING APART
Yes,	<i>we can be a source of support for others</i>	AND	PRIORITIZE OUR NEEDS, FILL OUR OWN CUP



improving lives. fostering connection.



we're all in this together

friends in the legal community: you are the helpers, but please remember to ask for help for yourself in these trying times
JLAP remains open for business remotely, so you can still call us during business hours and talk with one of our staff or schedule an appointment via secure video

as always, our services are free and confidential

we are providing the following peer support groups via Zoom connection:

- every wednesday at noon
- addiction issues: 1st wednesday at 6pm
3rd tuesday at 6pm
- caregiver support: 2nd thursday at noon
- grief and loss: 4th thursday at noon
- mental health/wellness: 3rd wednesday at 6pm

join us for jlap gentle yoga every thursday at 5pm



for more information call
317-833-0370 or visit
in.gov/courts/jlaphelps

jlap
is
here
for
you



supports readily available to you



join jlap deputy director loretta oleksy for 45 minutes of gentle movement, mindful breathing, and postures to restore your body and soul. no yoga experience necessary; the focus is more meditative than physical. in addition to a yoga mat you may find your experience enhanced by 2 yoga blocks (or books or rolled up towels), a bolster (or firm pillow), a yoga strap (or necktie or scarf) and a blanket.

see available dates and register at <https://jlapyoga.as.me/gentleyoga>

all classes are currently hosted virtually via zoom



**MINDFULNESS
IN LAW SOCIETY**

MILS—Indiana is meeting virtually on Tuesdays from 3:00-4:00 pm Eastern/2:00-3:00 pm Central, alternating a check in and guided meditation practice and a check in and yoga practice.

All are welcome! To learn more and register, visit

<https://www.mindfulnessinlawsociety.org>

Navigate to "Chapters" and click on "Indiana."



MINDFULNESS RESOURCES

Instagram:

@thought_kitchen

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Permission Slip

I _____ give myself

permission to: drop things

ADVICE FROM THE BEATLES

