

BRIDGE OF HOPE

Trauma & Dissociation

Summer & Self-Care

Summer is upon us and it has brought with it incredible temperatures even to areas that are not used to such temperatures. Some individuals who normally enjoy getting outside have found it a challenge to get out in the heat on the hottest of days.

Whether you are a person who enjoys the outside or are one who prefers to stay inside, it's important to spend time taking care of you. Self-care comes in many forms. If you've attended our self-care workshop, you know this impacts our physical life, emotional life, relational life, spiritual life, mental (stimulation of our mental growth) life, as well as being able to get good rest, nutrition and physical movement. There are so many ways we can do this. Sometimes we think that self-care takes a great amount of time that has to be set aside. But realize that self-care can be broken down into even 15 minutes. A brief step away from your work desk to step outside and walk around the block, to take a gentle stretch of your arms and roll your shoulders (if physically able) and a deep cleansing breath can be refreshing. Perhaps for you a cup of your favorite tea and a chapter of a good book is a bit of self-care.

Give yourself permission to think outside of the box when it comes to self-care. It's okay to be creative or to do what doesn't feel like "anything special" but something you are thankful to have a moment to do it. Don't throw out any ideas that you have for self-care—one tiny act of self-care, added to another adds up over the course of the day. What a great way to move through the day taking care of you!

Take gentle care,
Kristen

If you're feeling **suicidal**, please contact 800-SUICIDE, Text HOME to 741741 or if outside the US, go to www.befrienders.org

If you are being **abused**, experiencing incest or rape, please contact RAINN at 800-656-HOPE. RAINN provides links to international agencies.

If you are in a **violent relationship**, call the Domestic Violence Hotline 800-799-SAFE. For international contacts, go to www.hotpeachpages.net/a/index.html

Underwater

Sometimes I feel like I'm under water
Sitting at the bottom of the sea
One after another, the waves come crashing
Burying me.

I gaze up at the surface
Through ripples they appear
Smiling, laughing, sunshine faces
I could cry they seem so near.

But they are there, and I am here
The distance is too much
The tide pulls me to a place
Too dark for light to touch.

And so I sit here longing.
Wishing to be free
But if the sea is my lifelong prison cell,
I guess I'm just have to learn to breathe.

Submitted by:
Raquel Barnard

Domestic Violence

What is Domestic Violence?

It is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control by one intimate partner against another.

What are the physical & mental effects?

Victims of intimate partner violence increase risk of contracting HIV or other STI's due to forced intercourse and/or prolonged exposure to stress. Intimate partner victimization is correlated with higher rate of depression and suicidal behavior.



Over 85 percent of abusers are men, and domestic abuse happens only in intimate, interdependent, long-term relationships, in other words, families, the last place we would want or expect to find violence which is one reason domestic abuse is so confusing. One in three American women experience domestic violence or stalking at some point in her life, and CDC reports that 15 million children are abused every year. Over 70 percent of domestic violence murders happen after the victim has ended the relationship after she's gotten out because then the abuser has nothing left to lose. Outcomes include long term stalking even after the abuser remarries, denial of financial resources, and manipulation of the family court system to terrify the victim and her children who regularly forced by family court judges to spend unsupervised time with the man who beat their mother.

How domestic violence affects victim?

Ongoing anxiety and depression, emotional distress, sleeping and eating disturbance, physical symptoms such as headaches and stomach aches.

Submitted by:
Shantia Bailey



Available at: https://www.justcolor.net/nature/animals/horses/?image=horses__coloring-adult-horse__1

Heavy Lifting

I've heard it's no wonder I have a headache.
"Your shoulder is too tense,"
Says my physical therapist,
"Do you do any heavy lifting?"

I shrug it off with a joke
Laughter cuts my pain,
My sad mind spins,
"Heavy lifting..."

Like lifting my head from my pillow?
Like lifting my body from the bed?
Like lifting my phone in my hand
that he put in places I'd like to forget?

Like lifting his name from my mouth?
Like lifting those days from my mind?
Like lifting my clothes to cover the skin he destroyed
on the night when he claimed my body as his own?

My emotions weight more
Than those weight they hope I can lift,
But I'll never be fit enough.

To lift myself up without that medicine,
Without my therapist,
without, without, without

Her voice cuts my daydream,
"Did you hear me? Do you do any heavy lifting?" She asks again,

I laugh, "Nah, I'm too lazy."

Submitted by:
Ash Barker

Love Letter to Me

I think I do not want to get high my whole life without, I have already gotten drunk my whole last relationship with someone, the two of us smitten over a bottle (box) of wine, the two of us intertwined and kissing in between breaths of a cigarette, and for us, I want something much cleaner.

I am done learning from people's hardness (except for, well, you know), but seriously, I am done learning from the immovability of others, I am ready to kiss you in gardens and flowers and fall in love with your humanity, your tenderness, your heart a memory foam pillow.

So I do not think I want to get high my whole life with you. I want to exist outside of couches and wine glasses, outside of glow worm caves and even mountain summits, so maybe I will. So I will not get high my whole life with you, I will sometimes get high with you, sometimes get high with myself, sometimes remain complete sober and still soft somehow, maybe.

Maybe in the future I will have more to cling to than a farmer's market, may I will have one million hobbies and one million passions, but as for now, I can name the things that I want on the side, the things that I want here, so I say to myself:

I love you so much even thought I haven't told you yet,
I love you so much that I would take you to Germany,
I love you so much that I do not want to get drunk with you 24/7,
I love you so much that I am almost positive my blood is not arsenic.

For me, my valentine, here is my stream of consciousness,
My dreams of California,
Here is my unironically worrying about my dad,
For me, my valentine, here is nothing except everything else,
My yoga mat, my incense, my king sized bed,
Loose leaf "*" tea—

It is all for me, the 40in flatscreen, the natural light, the snow, the color mint but only in a casual way, backyards and front yards, cross-breezes, singing, somehow the beach snuck into this list and certainly doesn't belong here, but it can still belong to me, all of it, just for me.

Submitted by:
Mary Ellen Tokar



My Mask

Submitted by:
Me

'Tis Oft' Not Love When Flames Doth Whirl and Churn Sonnet

'tis oft' not love when flames doth whirl and churn
for beauty speaks not words what deeds have shown
as wood doth pop when fire hath its sojourn
so too doth it destroy all that is grown

yet the tempest calms when time has ripened
as fruit most readily plucked is fallen
chaotic winds and rain drain our stipend
so too doth they guide blossom and pollen

mistake not cavalry as chivalrous
their spurs doth job many a gentle steed
in pursuit of glory most frivolous
as was the spear that pierced our Highest Priest

the path of subsistence on which to grace
is chosen by the goatherd's faith and praise

Submitted by:
Tasha Labenek



I

I let you break me down
 I thought I needed to be broken
 I took the thorny crown
 And work it... Words unspoken

I blamed you for my fall
 My arrogance, my shame
 forgetting..... It was me.....
 That chose to play the game

If even that it was.....
 for even though I said.....
 You toyed and played to well...
I.....
 let the thoughts sink in my head

It was *I* who let me fall
 It was *I* who let me down
 It was *I* who victimized myself
 Condemned ***myself*** to drown

And it's *I* who holds the key
 Who can reverse the damage done
 For it's *I* who played the game
 When it never could be won.

Submitted by:
 Johanna Certo

Journaling Prompts

Self-Care:

To relax I ...

Just for 15 minutes I can...

Once a day I can...

I'm able to...

Just for Fun:

I enjoy...

In my free time I can...

Laughter makes me...

Movies...

Self—Worth:

A kind word to me would be...

I like...

While I may struggle, I do know I am good at...

I deserve to have a voice because...

Trauma Recovery:

A kind word I would tell my younger self is...

I deserve recovery because...

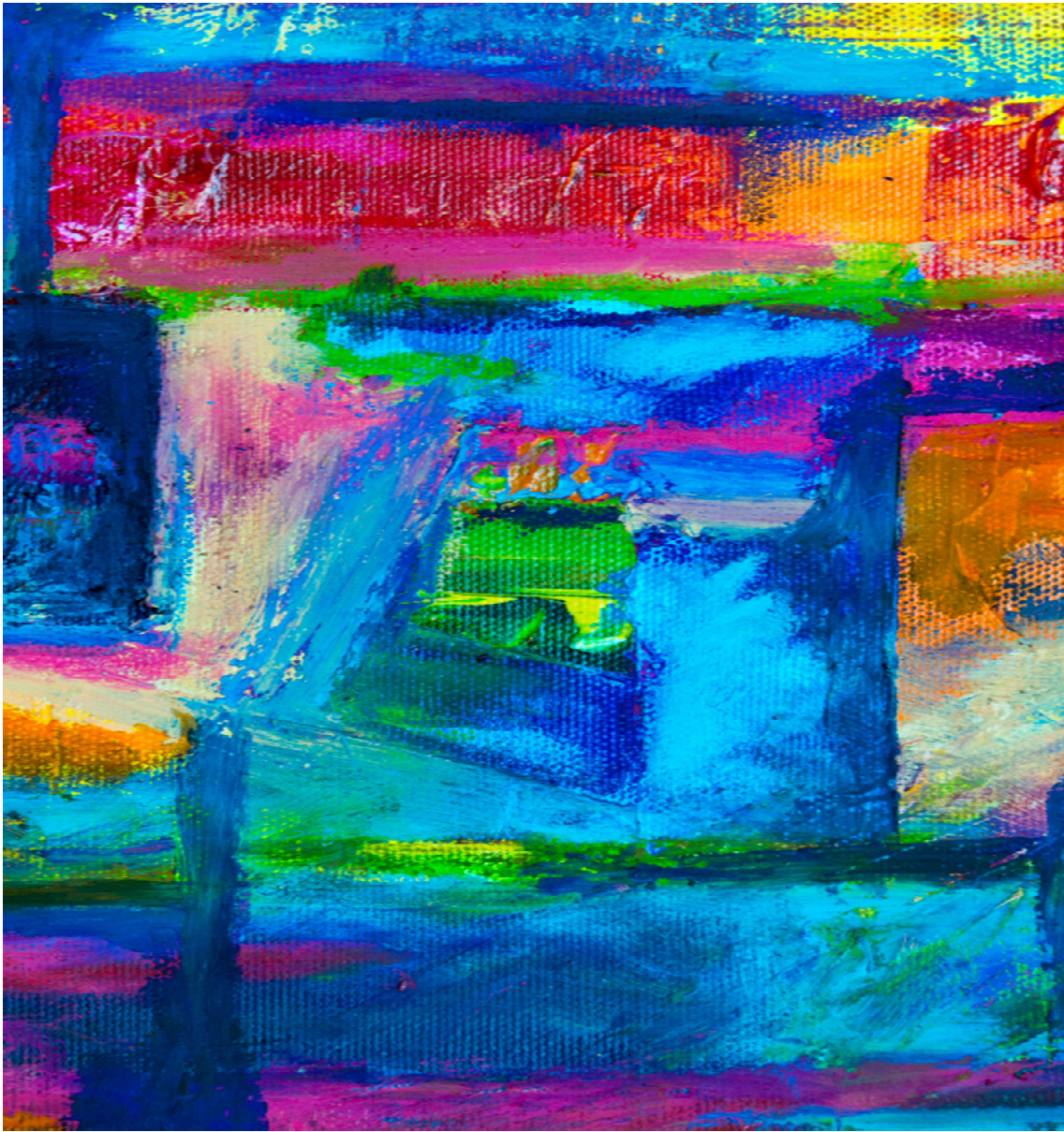
I choose recovery because...

It is hard to choose life, but I do so because...

My inner child needs...

I need...

I want...



Submit your writings, artwork, photography and share your talents with other survivors here. Please see our submission guidelines (<https://www.hope4-recovery.org/publications.html>) for more information and criteria.

We'd love to share your talents.

Submissions should be sent to newsletter@hope4-recovery.net

This is a no-reply email.

Journaling for PTSD

Journaling has been shown to be very therapeutic for survivors struggling with Posttraumatic Stress Disorder. While not everyone enjoys writing, those who do, can find this helpful. Here are some thoughts to consider for journaling.

Set aside some quiet time to journal with. This time doesn't need to be a significant amount of time, but quiet time, or quiet with some soft music that isn't distracting to you.

If you find that you have some time, but it's not quiet time, but are distracted, use this time to jot down the ideas that you want to journal about when you can journal in quiet time.

Don't worry about spelling, grammar, punctuation, etc.. This is the opportunity to let things flow for you.

If you feel you can't write about a particular memory or situation because it is too upsetting, then don't write about it until you are ready. Talk to your therapist about writing or talking about that and how to proceed with that specific memory.

If you are journaling about your PTSD or memories, plan time to do some self-care. Journaling about PTSD and/or memories can be saddening, can be intense, or bring up other strong emotions that create a need for good self-care.

This journaling may be triggering, but should not be retraumatizing. Indications that you may need to stop writing are:

- Significant breathing changes

- Heart rate changes

- Changes in mood

- Anxiety

- Change in muscle tension

Even 15-20 minutes to journal can be a good amount of time. While some of us feel the need to set aside hours to journal, that isn't necessary to be able to journal and be productive and beneficial with journaling.

If you really aren't able to journal, consider using art to communicate your story.



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STATEMENT OF FAITH

Psalm 147:3 He heals the broken-hearted and binds up their wounds.

MISSION

The mission of Hope Recovery is to provide support and compassion in the lives of adult survivors of abuse and sexual trauma.

VISION

To offer support and compassion as survivors make their way on the journey of recovery and healing.

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