

RESILIENCE INITIATIVES

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HANGING OUT WITH WELLNESS DURING COVID-19

Welcome to the third edition of our Resilience Initiatives Journal, which comes at a time when the world is reeling from the Coronavirus outbreak. This pandemic is a unique event in modern human history, and FII is passionately working to address the problems it presents. The lead article describes a busy addition to Focusing Initiatives International: CoronaPlaza.LIFE. This online platform allows our international colleagues to offer workshops and trainings which empower people to connect with each other, problem solve together, and recognize commonalities in the face of differences.

Subsequent articles describe creative ways to apply the practice and wisdom of Focusing to a community's needs. Since Focusing is a powerful healing tool, we are delighted to find its power enhanced when combined with other healing practices. We also recognize the value of using bits and pieces of Focusing when they can be helpful, such as when the full Focusing training is inappropriate or simply too involved for a short workshop or community program.

Each article describes an activity, and we hope you will try some in your own work, making adjustments where needed to fit into your culture and the needs of your community. We'd love to hear from you as to how you have adapted one into your community programs.

FROM FOCUSING INITIATIVES' DIRECTORS

We find ourselves in a unique moment of time as the world responds to the COVID-19 pandemic.

Now more than ever we need each other. Thanks to your encouragement and support - plus the genius of our friend and webmaster, Martin Vremec - we have created CoronaPlaza.LIFE, an online platform to provide tools for you and your community's well-being. In addition, our other initiatives are in great demand, and they continue and grow.

The articles in this journal reflect these approaches and values of Community Wellness programs. They cover a wide range of topics, and were written by individuals from all over the world, including Greece, Italy, Lebanon, Pakistan, Spain and the United States.

With your support we will continue to bring Community Wellness to individuals and communities facing challenges. Many participants who have benefited from our programs could not have afforded to do so without outside donations.

Thank you again for your trust in our work which allows us to expand and reach more communities.

Wishing you good health and safety,

Melinda and Pat

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YOU HOLD THE KEY TO CHANGE!

Reaching Resilience offers an easy-to-use-and-adapt psychosocial health approach called Community Wellness Focusing, based on Dr Pat Omidian's 30 years of engagement with community activists and healers. Each chapter explains a basic principle and gives examples of activities that support inner sensing, group learning, and deep empathic listening.

The book is utterly terrific. Interesting, informative, and very practical. Thank you for the care which you put into this wonderful book. It is a gem!

JOAN KLAGSBRUN

I'm so grateful this book exists. It gives me optimism to read how much people can do on their own, when they are shown how to tap into the resources they already have within themselves.

MARCELLA

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