

# HOW THE HELL DO I GET THROUGH THIS?

FREE  
VIRTUAL EVENT

Join us for an honest, down-to-earth discussion on why prioritizing rest and self-care isn't selfish—it's essential. Discover multiple perspectives and practical strategies to enhance your well-being during challenging times.

**TUESDAY  
APRIL 22ND,  
12-1 PM EST**

PRESENTED BY



Kim Wunner (Leadership Coach & Consultant, pictured left) will guide us through a:

- Group meditation session
- Expert panel discussion on self-care practices
- Interactive audience Q&A

## PANELISTS



**SHASTA SAVAGE**  
LEADERSHIP DEVELOPMENT  
DIRECTOR, HSC



**DALYA TAMIR**  
PSYCHOTHERAPIST  
& AUTHOR



**YASMIN RASHID**  
VICE PRESIDENT & COMMUNITY  
RELATIONS SPECIALIST, UPI

## EVENT SUMMARY

### Overview & Intent

This one-hour session invited attendees to reflect on the idea of *rest as a form of resilience*. We explored how rest looks different for each of us—sometimes active, sometimes still—and how it intersects with caregiving, community responsibility, and personal boundaries. We held space for personal truths, collective wisdom, and the reality that rest is both essential and, often, complicated.

### Guided Meditation

The session opened with a powerful loving-kindness meditation to help us center in compassion—for ourselves, for others, and for our wider communities. The invitation: *May you be safe. May you be happy. May you be healthy. May you live with ease.*

## Themes and Takeaways from the Conversation

### *Rest is Complicated*

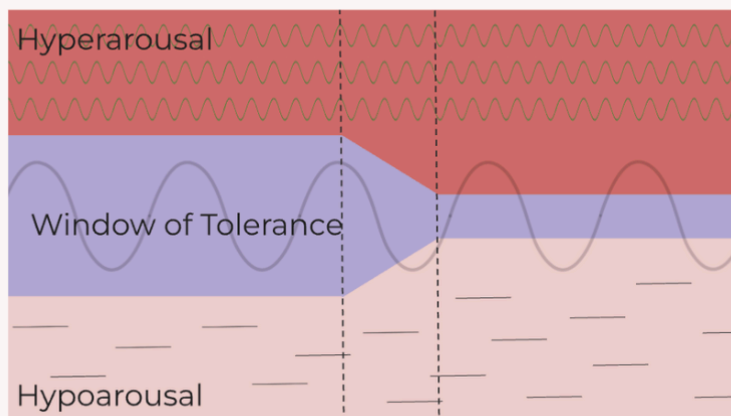
Rest doesn't always feel restful. It can bring up guilt, unease, or the feeling of not doing enough. For many, the idea that rest must be earned is deeply ingrained. Yet redefining rest—as something necessary, not a reward—can help us begin to reclaim it.

## ***Rest Evolves Over Time***

Many shared that their understanding of rest has shifted—moving from seeing it as just sleep or stillness, to something more dynamic and embodied. Rest can mean quiet, but it can also mean movement, boundaries, saying no, or seeking joy.

## ***The Window of Tolerance***

# ***WINDOW OF TOLERANCE***



A visual model introduced during the session showed how our emotional capacity expands when we are well-resourced (rested, nourished, supported), and narrows when we're depleted. When we're inside our "window," we can respond with calm, clarity, and compassion. When we're outside of it—whether activated or shut down—it becomes harder to cope. Rest helps widen this window.

The Window of Tolerance framework was developed by Dr. Dan Siegel, a clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA.

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## ***Micro-Moments of Rest***

Instead of waiting for long weekends or vacations, we can look for small ways to rest throughout the day:

- Deep belly breaths (especially exhaling longer than you inhale)
- Pausing to check in with your needs
- Watching someone else's joy (a concept called a "glimmer")
- Turning off tech and consciously releasing the day

Rest is an intentional, proactive practice.

## ***Rest as a Community Practice***

Rest is not just personal—it's relational. When we make space for others to rest, we create healthier systems. Community care means checking in with one another, asking "How are you really?" and respecting others' boundaries as much as our own.

## ***Rest Requires Support***

Rest isn't just sleep—it's an active, living practice that can look like pausing the dishes, saying no, or calling in support. For those who carry a lot—at work, at home, in community—rest can feel like guilt or absence. But rest is necessary. It doesn't have to be solo: sometimes, resting means letting someone else step in. And sometimes, that has to be okay.

## ***When Rest Isn't Available***

Signs of depletion can show up physically (burning eyes, clumsiness), mentally (reactivity, judgment), or emotionally (irritability, detachment). Recognizing these signs with compassion can help us intervene before burnout sets in.

## ***Rest at Work: Organizational Reflections***

Self-care becomes more sustainable when supported at the organizational level. Leaders can build a culture of rest by:

- Creating psychologically safe spaces
- Embracing discomfort when needed
- Practicing trauma-informed policies
- Respecting work boundaries
- Modeling rest on an individual level

## ***When Sleep Becomes Avoidance***

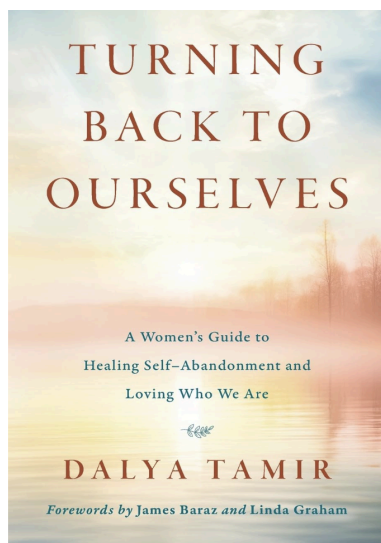
Sometimes sleep can be a form of healthy rest—and sometimes, it's a way to shut down. When that's the case, gentle curiosity (and support from others) can help us re-engage with life. Movement, nature, food, and media choices can all shift our energy.

## ***Gentle Truths to Take With You***

- You don't have to earn your rest.
- You are not behind. You are becoming.
- You are allowed to ask for help.
- Rest welcomes you back—even if you've been away for a long time.

## **Resources & Recommendations**

- [Psychological Safety in the Workplace \(Harvard Business\)](#)
- [The Psychological Safety Scale \(Duke Health\)](#)
- Platforms for Single Working Moms:
  - [Single Black Motherhood](#)
  - [Single Mom Nation](#)



**Featured Book** - Available at [Buffalo Street Books](#) and [Amazon](#)

***Turning Back to Ourselves: A Women's Guide to Healing Self-Abandonment and Loving Who We Are*** by Dalya Tamir

Turning Back to Ourselves explores the pain of self-abandonment, the mind states of self-judgment, self-doubt, and even self-hatred that women too often find themselves experiencing. Drawing on Buddhist practices of mindfulness, compassion, and lovingkindness, and on her experience as a psychotherapist, Dalya Tamir offers a path for women to turn back and embrace themselves with kindness and love. Through teachings, stories, and reflections, the reader is guided to reconnect with her own innate wisdom, creativity, and aliveness, opening her heart to herself and in growing circles to all living beings.

### MEMORABLE QUOTES

***"Rest always welcomes me back—even if I've been away for a long time."*** A reminder that we are never too far gone to begin again.

***"Rest can look like the dishes not getting done. It can look like the laundry not getting folded. It can look like asking for help—and that has to be okay."***

Reframing what rest actually looks like in a busy life.

***"Watching joy is important. You can feel joy just by witnessing it in someone else—that's called a glimmer."*** A simple, healing act of presence.

***"I see rest as a commitment to practicing ease."*** Not a luxury or indulgence—an ongoing practice.

***"Rest is not just personal—it's relational. Your well-being impacts mine, and mine yours."*** Rest as community care.

***"You are not behind. You are becoming."***  
A gentle truth for those feeling rushed or unseen.

***"Learn to be thankful even for the pain, because even the worst parts of our trauma speak to the best pieces of who we become."*** A call to hold both hurt and healing.

***"We've got to get comfortable with discomfort. That's how we grow, that's how organizations grow."*** On building cultures of safety and care.

***"It's hard to search for ease inside yourself when ease doesn't exist in your environment."*** Naming the systemic barriers to rest—and the need for change.

### Additional Written Reflections from Panelists

- Does anyone have any advice for working, single mothers? I'm hearing that my struggles are normal but not sure how I will find solutions.
  - *Normalizing peoples experiences is just step one. From here, we lean into creating new systems of care.*
  - *Connect with your community. Here are some possible ideas:*
    - i. *Other single parents: childcare swaps, text check-ins, shared errands/meals/transport*
    - ii. *Trusted community members: take someone up on a "let me know if you need anything!", when a co-worker asks "how are you doing?" answer honestly*
    - iii. *Check out your local [mutual aid group](#) and ask for support in this way*
    - iv. *Local moms or single-parent groups: social media, Bumble BFF, etc.*

- v. *Local organizations: Ithaca Youth Bureau, GIAC, Women's Opportunity Center*
  - vi. *Call [2-1-1](#) for services finding*
  - vii. *[United Way/2-1-1 ALICE](#) funds for those "OH NO!" moments*
- Any strategies or recommendations for non-profit organizations working with community members facing significant stress or targeting in this current moment? How do we balance meaningful support with not unintentionally patronizing folks or offering unrealistic "solutions"?
  - *Ask people what they need and really listen to understand – not just the needs but the experience. Then support not solve. People know what they need. You can co-create solutions together with the knowledge you hold in your role. ([TL](#), [strengths-based](#), person-centered care, etc.)*
  - *If you are unable to help them navigate the situation due to personal or professional reasons – refer them to someone who can and make sure that referral is complete from start to finish.*
- What words describe your relationship with rest right now?
  - *Rest, to me, is rooted in self-inquiry, self-awareness and self-trust. And it is way more than just a self practice – it deserves deep, intentional, multidimensional, intersectional, community- and systems-wide learning and growth. Rest means humanizing humans and showing grace (to myself and others) every moment of every day. Grounded in reality and holding multiple truths. Showing up wholly and imperfectly. Finding micro-moments of ease to practice embodied presence in this lifetime.*
- How did you feel when you saw those responses? Did anything resonate with you or reflect what you've been noticing in your community?
- What does rest mean to you, and has that shifted over time?
- For people who are constantly giving—to a job, family, or community—what does it look like to even consider rest?
- What happens in our bodies or spirits when rest isn't available?
- If someone here is feeling overwhelmed or unseen, is there anything you'd want them to hear or take with them from today?
  - *This makes sense. We are living in a time that is overwhelming and where many are feeling invisible. Lean on your community – in all of the ways on all of the days. Reciprocally.*
- How does the concept of self-care or community care show up organizationally in the nonprofit space?
  - *Trauma-Informed Organizations*
    - i. *Co-Created policies, processes and solutions*
      - 1. *["Five ways that Nonprofits can make Decision Making More Inclusive - and More Effective" \(Bridgespan\)](#)*
    - ii. *Rest is built into organizational culture, as well as modeled and respected*
    - iii. *Supervisors are trained to care, not just manage*
      - 1. *["Trauma-Informed Supervision: Practical Strategies to Support Staff with Lived Experience" \(NTTAC\)](#)*
  - *Contact Shasta for further information and specific organizational development support around employee well-being, psychological safety, TIC principles integration and more.*
- How do you get unstuck from using sleep as avoidance?
  - *First, understand that sometimes sleep is exactly what we need in a given moment (freeze response). This is okay – in fact, it is helpful. Learn what feels right to you in regard to your personal sleep hygiene and understand that what makes you feel revitalized (glimmers) – this is a good start. Then ask yourself "why am I sleeping?" to better understand what you might be feeling. Sometimes seeking support from a friend, family member, coach, mentor, counselor or other trusted person is needed for effective co-regulation.*

## Closing Words

As we continue to navigate complex times, may we all find our own ways to practice rest—moment by moment, and together. Thank you for being part of this conversation.

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## Meet the Panelists & Facilitator of “How the Hell Do I Get Through This?”

### Yasmin Rashid

- Vice President of the Unbroken Promise Initiative (UPI)
- Community Relations & Workforce Development Specialist (UPI)
- Financial Services Professional

Yasmin Rashid is the UPI Vice President and Community Relations Specialist, while also working in the financial services industry. She enjoys speaking life, compassion, growth, and understanding into the hearts of those she encounters. Yamin's gift of expression through words has paved the way for her to be a talented writer, public speaker, and community mediator. Her ability to captivate those her words touch allows her activism to reach new heights with each and every conversation. Yasmin's enthusiasm for healing the traumas faced by her community perfectly aligns her in all she does.

### Shasta Savage, MSW, CPC, RYT-200

- Director of Leadership Development & Consulting Services, Human Services Coalition of Tompkins County
- Owner/Instructor, Cascadilla Wellness

Shasta Savage is a trainer, speaker, consultant, leadership coach and yoga/mindfulness instructor. With a background in the trauma-informed lens and human rights perspective, she provides support on topics such as DEIJA, leadership development, organizational development, employee well-being, self- and community-care. She integrates data-driven and leading/promising practices with an intersectional approach to support the greatest outcomes.

### Dalya Tamir, LCSW

- Ithaca-based Psychotherapist
- Group facilitator
- Author

Ithaca-based psychotherapist specializing in working with women and couples. In her work as a therapist Dalya draws on mindfulness and compassionate practices to help individuals turn back from self-abandonment and return to their wise, creative, and vibrant self. With years of experience in community mental health and private practice, she empowers people to embrace themselves with kindness especially when facing challenging situations. She will share therapeutic insights and practical tools that will support us in staying connected to our innate goodness and act from wisdom during these intense times. Dalya is the author of "Turning Back to Ourselves: A Women's Guide to Healing Self-Abandonment and Loving who We Are."

### Kim Wunner (Facilitator), ACC, RYT-200

- Executive Coach and Yoga Teacher

- Reiki Practitioner
- Ithaca College Staff Member

Kim Wunner is an executive and leadership coach, partnering with individuals and organizations who want to do leadership differently. She supports her clients to get clear on their vision and values, so they can take action as their authentic selves. Kim has devoted herself to studying the intersectionalities of socio-economic structures and its demands on gender identities and the inequities it has produced. This took her on a decade-long path understanding how to tune into our greatest assets.

Prior to becoming a coach, Kim lived in Philadelphia working in corporate and nonprofit marketing. She is an accredited coach via the International Coaching Federation having trained in Presence Based Coaching. She is a Reiki Practitioner and Yoga Teacher and on staff at Ithaca College. She is a mother, partner, CrossFitter and avid gardener.