



OUR HOUR

**A Gathering for BIPOC
in Public Media**

This space is for **us.**



Lu Ortiz
Executive Director and Co-Founder
Vita-Activa.Org





Let's breathe deeply 3 times and take a break.

Then breath deeply 3 more times.

Now we can begin...

Lu Ortiz, Executive Director and Co-Founder of vita-activa.org

I am Mexico City born, New Jersey Strong, Political Philosopher and Gender Violence Specialist. I have trained journalists around the planet in digital security, self resilient care and human design since 2010.

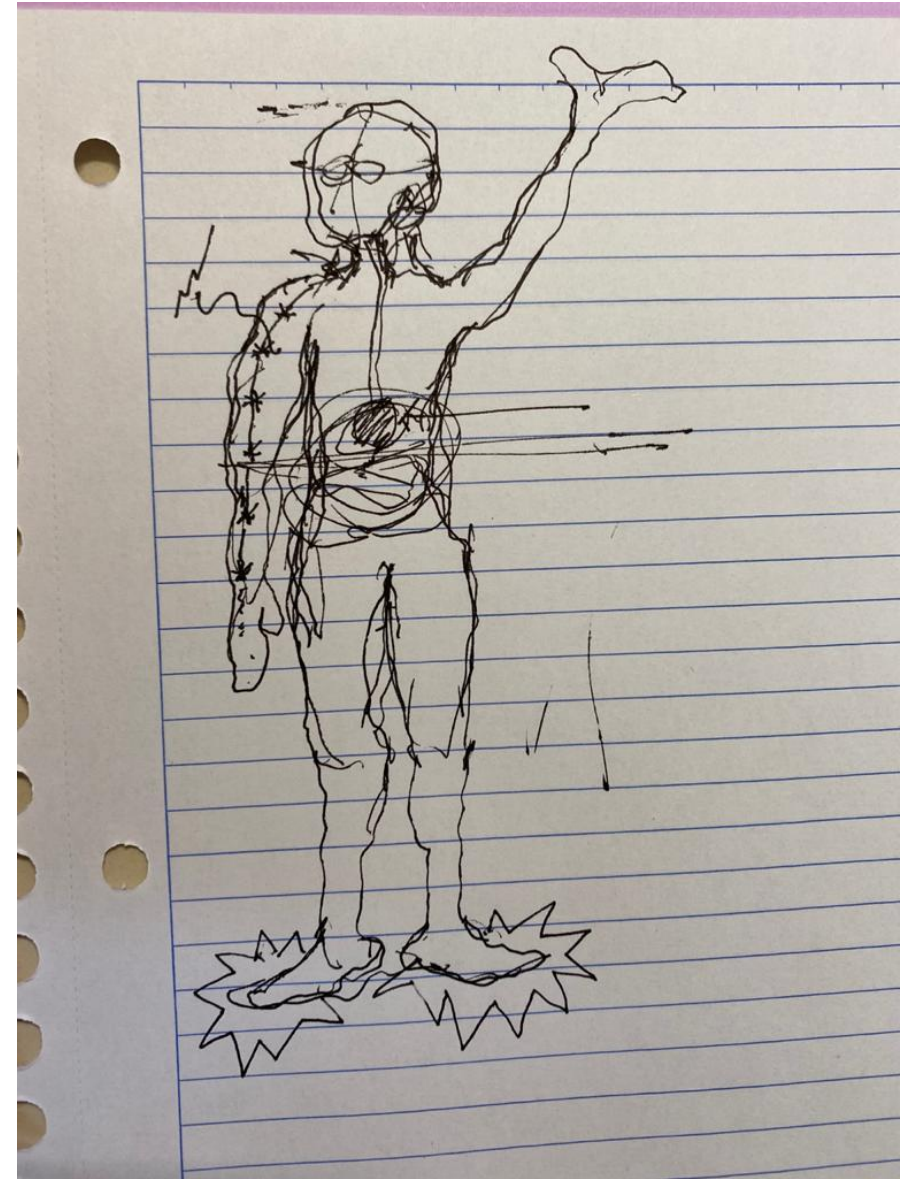
@LuOrtiz

Body Map

Try to draw a schematic version of your body

Scan through your problem areas, signal them and spell out why they are problematic

Do you want to share in the chat box?



Resilience is the psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before.

Psychology Today, 2020





The body does not express itself in concepts but in sensations; and more profoundly in emotions. It is ideal to allow the relationship body-emotion manifest itself in a safe environment.

Recommendations

- Listen to your body give it what it needs: food, sleep, movement, rest, work.
- Take time to think about the times your are living in.
- Move your body, move, move, move and move!
- Try to slow your thoughts down to keep your sense on things.
- Learn from the people you work with and for.
- Think of the emotional and mental health of those around you.
- Be more patient and kind with yourself, accept that we are part of the solution to many problems.
- Hold on to your breath...it energizes and calms you.



Vita-Activa.org is an organization that supports journalists, media professionals and freedom of expression defenders to counter harassment, gender based violences, trauma and burnout.

www.vita-activa.org

support@vita-activa.org

Signal, SMS, Whatsapp +52155-8171-1117