



Ivy-Zine



**WE'RE
SO GLAD
YOU'RE HERE!**

PHOTO BY SUNNY

BRAIN IN PAIN?



BRAIN 101

Pre-Frontal Cortex

who we want to be,
who we think we should be



Hind-Brain

why we're startled
hearing a loud crash

Executive Function

- complex decision making, planning
- problem solving
- emotional regulation
- long term consequences
- delaying instant gratification

Survival

- regulates vital functions like breathing, sleeping, and digestion
- alerts us to real or perceived "danger"

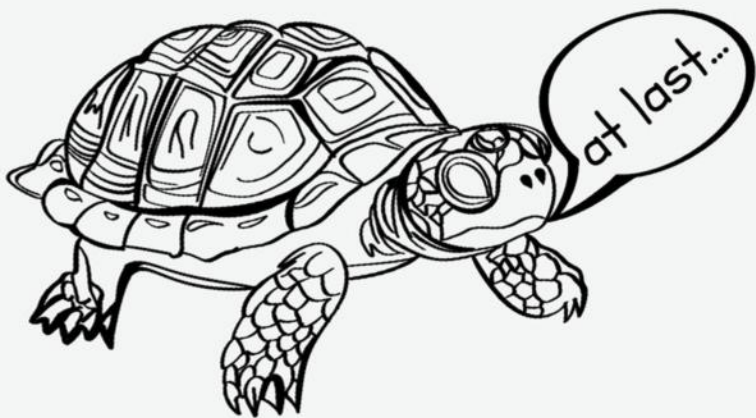
When our brain perceives life threatening danger, our hind brain takes over, shutting off access to our prefrontal cortex. We struggle to understand the consequences of our behaviors, to regulate our emotions, and to solve issues.

This "survival mode" causes behaviors that can bring up guilt or shame. We think we should know better, and then we're hard on ourselves because we think that will keep us in check.

The key here is to find compassion/neutrality/acceptance for those behaviors. They often come from a much younger part of us, screaming to be heard. If we respond by shaming this part of ourselves, it will slither back into hiding, waiting for its next moment to be heard. When we find ways to make peace with these parts, they eventually become quieter, and stop showing up at our worst moments. They are nurtured and no longer demanding to be heard.

You're
Up!

Color in the turtle and
complete the story below



After a long day at work, turtle looked forward to a single thing, _____, which he kept hidden between his _____.

Relax...Pretty Please?

Grounding

Grounding isn't just deep breathing and structured meditation.

What puts you in a meditative state?
What would you spend all day doing if you could?

It can help us be more present and aware of the current moment.

This can be helpful when we're feeling out of control or stuck.

Think legos, puzzles gardening, knitting, water color painting, scribbling, diamond painting, coloring pages, music, journaling or brain dumping, writing a love letter, stretching, pottery, clay, etc.



**Meditation? For grounding?
Groundbreaking.**

**they don't
tell you**

meditation doesn't work
when we hate ourselves

**so go easy on
yourself**

- try to tap in during a pleasant moment
- where do you notice sensations in your body?
- who are you with? where are you? just notice

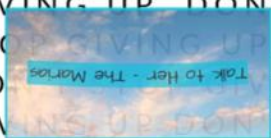
*SAFETY DOESN'T
ALWAYS LOOK LIKE
STILLNESS*

PATRICIA DUGGAN
@PAT.RADICAL.THERAPIST



*IT'S ALL A PART OF THE SAME CONTINUUM.
GENOCIDE AND ETHNIC CLEANSING FROM
GAZA TO THE WEST BANK, SILENCING OF
PALESTINIANS AND THEIR ALLIES,
RESEGREGATION IN THE HOMELAND,
INCARCERATION AND DEPORTATION OF THE
NONWHITE AND PROBABLY DISSIDENTS,
ERASURE OF TRANS PEOPLE. THAT'S WHY
THOSE WHO RESIST HAVE TO DRAW THE LINE
AT EVERY SINGLE MOMENT—NO EXCEPTIONS.*

VIET THANH NGUYEN
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*WHEN YOUR TAIL IS
MISSING, REMEMBER YOU
HAVE EVERY RIGHT TO MOPE*

EEYORE

You Spy With Your Beautiful Eyes...

W C Q X W U T E K Z R E X S E F I S U S
Y F J C H W I D C E J K N D K Y A T M G
B W U X H U Y L H E Y S J J L I H S W N
A H B U Q L E O A V I D D K U A I A N I
B A M T J F N C S Q K C C S N L O B C P
Y T L R C Z O D A A K F N R A U U L W A
R T H A Z Y H J T K J A Z T L F H E O V
C H S P C Z T N I H I R I F L P H S Y T
H E U B B X D F V B I P V F E T Y A E S
L H N G S A I Z S L A S K D T D P L L N
T E S L I Z P E T C G C I F S R U T A I
S L H Q O F L R E K Y E Q S D N O A U A
U L I I J O F G M T A E O D F R S J X G
S S N H G V A B S C M D R C M I O A E A
U U E S H T Q D H E M C A X W Z N N S S
Q R T V S J P J Z R E D V W W P S E S M
I E X E Q T N S P F G N P C V E V E N O
L Q T P G R E E N E G G S A N D S L A M
W A X G Y B Y T P P T A S U F E E P R S
L C K O N W L I Q E Z H Z R V Y I F T C

WORD BANK

1. soupy
2. honey
3. hazy
4. atlas
5. gemma
6. stella
7. letsgolesbians
8. crybaby
9. thisisfine
10. transsexual
11. momsagainstvaping
12. lateststagecapitalism
13. greeneggsandslam
14. whatthehellsure
15. sunshine

What We're Loving

LINKTREE

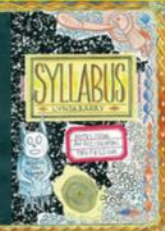
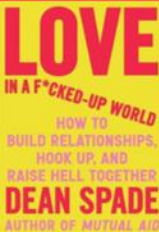
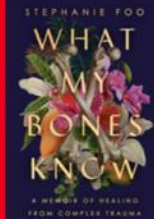


LINKTR.EE/VEILEDINIVY



BOOKS

THERAPY STUFF



- liberationline.org
- liberatorywellnessnetwork.com
- inclusivetherapists.com
- openpathcollective.org



Thanks for stopping by!



IT MEANS THE WORLD TO US