

DEAF SURVIVORS' WELLNESS GUIDE



# I MATTER TO MYSELF

Presented by DeafHope

2021





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# A Letter from DeafHope to You

Dear Friend,

Welcome to this first issue in a series of Wellness Guides lovingly created by DeafHope. Titled, “I Matter to Myself,” this issue offers self care strategies as well as resources for survivors.

Even though we notice that self care is preached in the media, something is usually missing from the narrative: acknowledging the context of community. When we acknowledge that many survivors have experienced isolation as a result of domestic or sexual violence, it becomes even more important for us to reframe safety and self care as more than a personal matter, it is a community matter. As our elders have taught us, we have the power to build a robust network of folks who are committed to a lifetime of doing survivor-centered, anti-violence accountability work.

The roots of this project started in DeafHope's support group, which we had to move online due to the pandemic. Survivors shared inspiring artworks, recipes, self care tips, and powerful quotes.

DeafHope board members and staff also contributed content. Guest speakers shared their expertise on topics ranging from Zumba to Financial Empowerment. We thank every single survivor who has ever reached out to DeafHope - their stories have made a difference in the world.

Our collective journey is a continuation of the many paths cleared for us by survivors of countless generations before us. As light-bearers, we are guided by our community's collective wisdom as we clear the way for the next generations of change-makers to transform our abundant world to a more equitable and joyful home for all people.

In solidarity and with love,  
DeafHope





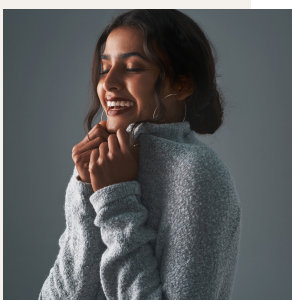
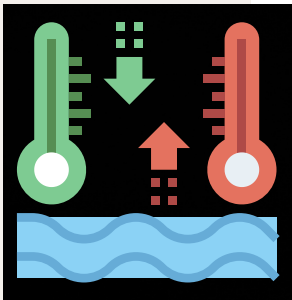
# Self Care Strategies

Self care is like a muscle, the more you use it, the stronger it becomes. When you practice self care on a regular basis, it becomes easier to make it part of your everyday life.



# SELF-SOOTHING

Self-soothing is more than doing things that feel good to you, it is a practice that comes from knowing you matter, and that you deserve the attention you give yourself.



1. Warm/cool temperatures
2. Soft blankets
3. Weighted/heated blankets
4. Hand massage
5. Play-Doh
6. Stress balls
7. Comfy clothes
8. Essential oils



# SUGAR SCRUB

exfoliates the skin and helps you unwind

Prep Time: 5 minutes

Total Time: 5 minutes

Yield: Makes 1 cup

## Ingredients:

- 1 cup sugar of choice (not too rough)
- 3 tablespoons of oil (vitamin E oil, sweet almond oil, coconut oil, or jojoba oil)

## Optional ingredients:

- 5-7 drops of your favorite essential oils such as spearmint, lavender, grapefruit, etc

**Mix:** Place sugar in a medium size bowl and add the oil 1 tablespoon at a time, mixing in between. You want the consistency to be sandy, not soupy. If the mix is too soupy the sugars will dissolve in a day or two and not slough the skin as well, but you will still get added moisture from the oil.

**To Use:** At the end of showering, it's best to pat the skin dry a bit and then gently rub in circular motions all over the body and rinse well. I find it works best after soaking in the tub for at least 20 minutes. This will help the scrub work at its best, leaving your skin soft and supple!

Can be used 2 – 4 times a week

Store: Use within 1 month

Do not eat sugar scrub if adding essential oils, or research before you do to make sure they are edible, especially if you are pregnant.

Source: Julie, the Simple Veganista

<https://simple-veganista.com/diy-edible-sugar-scrub>



# MOVING YOUR BODY

Engaging in exercise can boost your mood  
and decrease stress!

1. Stretching

2. Yoga

3. Going for a walk

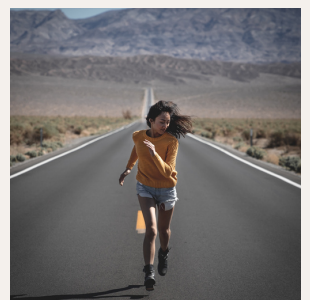
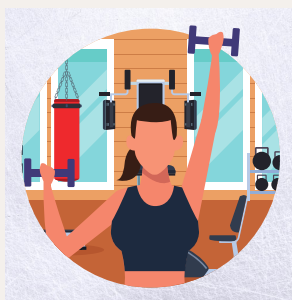
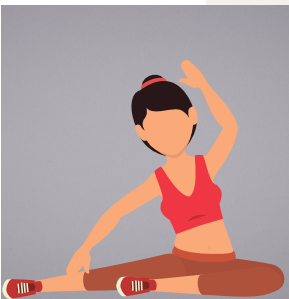
4. Hiking

5. Boxing

6. Exercising at the gym

7. Dancing

8. Running





# MEDITATION

Stressed? There are some apps that can help you find peace in the moment.

- HeadSpace
  - Has CC and Haptic Assistance
- Calm
  - "Breathe Bubble"
- Breathe (iOS)
  - Good for meditation
- Peloton
  - Good for meditation and exercises; has CC

Free meditation and breathing exercises can be found online.

For example, go to CATIE Center YouTube channel and enter "self care" in the search bar. You will find several ASL-accessible videos on meditation.



# CHICKEN DOMADA

traditional Gambian stew

Prep Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 4 servings

## Ingredients:

- 1 lb chicken breast cut into chunks (can use fish, beef steak, or bone-in chicken)
- 1 large onion, diced
- 2 Tbsp olive oil
- 3-4 cloves garlic, minced
- 16 oz raw unsalted peanut butter
- 2 cups cubed pumpkin or squash
- 2 small cans of tomato paste
- 1-2 chicken bouillon cubes

## Instructions:

*shared by L., a survivor*

1. Heat the oil in large Dutch oven or heavy-bottomed pot. Saute the onions until golden.
2. Add the meat and garlic, continue to saute until the meat is no longer pink.
3. Add the tomato puree and peanut butter. If you want it spicy, add diced Scotch bonnet chilies or habanero according to your preference. Stir to combine. Add 2-3 cups water and bouillon cubes.
4. Bring to a boil, reduce heat, cover and simmer for 15 minutes, stirring occasionally. Add pumpkin/squash. Continue to cook for 35 minutes or until the squash is tender. Season with salt and pepper.
5. Serve hot with rice.

# RELAXING HOBBIES

Any activity you enjoy is a good way to unwind after a stressful day!



1. Crafting
2. Painting or drawing
3. Journalling
4. Listening or dancing to music
5. Texting or video chat with a friend
6. Spending time with friends or family



# MINDFULNESS

3-7-5 Breathing allows you to calm your body through focused breathing.

**3** First, inhale and count to three.

**7** Hold your breath and count to seven.

**5** Exhale and count to five.

Repeat two more times or until you feel relaxed.

# ZUCCHINI BREAD

vegan spin on a classic

Prep Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 4 servings

## Ingredients:

- 1/2 cup granulated sugar
- 1/3 cup brown sugar
- 1 cup unsweetened applesauce, strained
- 1/4 cup vegetable oil
- 1 tsp vanilla extract
- 1 1/2 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/8 tsp cardamom
- 1 heaping cup shredded zucchini (1 medium zucchini)
- 1/2 cup walnuts

## Instructions:

*shared by T., a survivor*

1. In a small bowl combine your flour, baking powder, baking soda, salt, and spices. In a separate bowl whisk together your wet ingredients. That's your oil, sugars, applesauce, and vanilla extract.
2. Squeeze any excess liquid out of the zucchini using cheesecloth. Add the zucchini to your wet ingredients and combine.
3. Add the wet ingredients to the dry ingredients and gently mix in until the flour is evenly hydrated. Use a rubber spatula to fully incorporate the dry ingredients into the wet.
4. Take care not to over mix your batter or else your bread will be gummy.
5. Generously spray a loaf pan. Transfer the batter into the loaf pan and bake for 50-65 minutes, until a toothpick inserted in the middle comes out clean.

Source: <https://www.mydarlingvegan.com/vegan-zucchini-bread/>



# REFRAMING THOUGHTS

## Practicing your Mindset Shift



Write down your negative thoughts on paper.

(Example: "I am not good enough.")

Write down the opposite on separate paper.

(Example: "I am awesome just the way I am.")



Tear up the first paper with negative thoughts. You can bury it in earth, or burn it (follow all proper fire safety precautions).



Sign the positive thoughts.

Declare it into being (sign, say, sing, write, draw, or dance it out).



# WORKING THROUGH TRAUMA

- Give yourself permission to feel
- Trauma-informed therapy
  - Art therapy
  - Somatic
  - Eye Movement
- Journal
  - Draw freely
  - Mood logging
  - Write affirmations
- Forgive yourself





# 7-DAY NEGATIVITY FAST

We often have negative thoughts. This is a 7-day challenge to become more aware of your negative thoughts, and to be intentional about changing them to positive thoughts.

- 1 Can I stop blaming myself, and instead, be gentle with myself?
- 2 What is my most important choice?
- 3 What is my most cherished value?
- 4 What is the most important thing for me to have in my life?
- 5 What can I do in my environment that will help improve my mood?
- 6 What am I grateful for?
- 7 What about myself am I proud of?

Bonus question:

What do I have to forgive myself for?



# MAKE-UP & SELF EXPRESSION

## 1 Made Ya Blush!

"The minute you learn to love yourself you won't want to be anyone else" -  
Rihanna



## 2 Nailed It!

"Focusing on taking care of yourself and doing the best you can, versus judging yourself, is how you take your power back"  
- Lalah Delia



## 3 Build a Strong Foundation

"My morning makeup routine is when I am most focused, most mindful. I don't need an adult coloring book when I can fill in my eyebrows."  
- Gyan Yankovich



# About DeafHope



Our mission at DeafHope is to end domestic and sexual violence in Deaf communities through empowerment, education and services.

DeafHope provides comprehensive advocacy to Deaf survivors and their children. The guiding principle of DeafHope advocacy services is the self-determination of survivors – we respect the right of the survivor to make their own decisions. Deaf survivors are the experts in what best fits their needs. Our role as advocates is to discuss options and dispel myths, while offering non-judgmental, trauma-informed support.

Our services fully incorporate a deep understanding the dynamics of violence, the vital importance of confidentiality, and individual approaches to safety planning. DeafHope works to develop innovative strategies to facilitate change within the Deaf community, to break down the cultural and social systems that perpetuate violence against women, and to empower individuals to work toward a life free of violence. All DeafHope services to survivors are provided free of charge.

For more information about DeafHope, visit our website at [www.deaf-hope.org](http://www.deaf-hope.org)

# DEAFHOPE'S SERVICES

## Advocacy

- Peer counseling
- Support groups
- Systems advocacy to access community resources
- Referral and case management with other service providers

## Community Awareness

- Outreach and education for violence prevention

## Training and Consultation

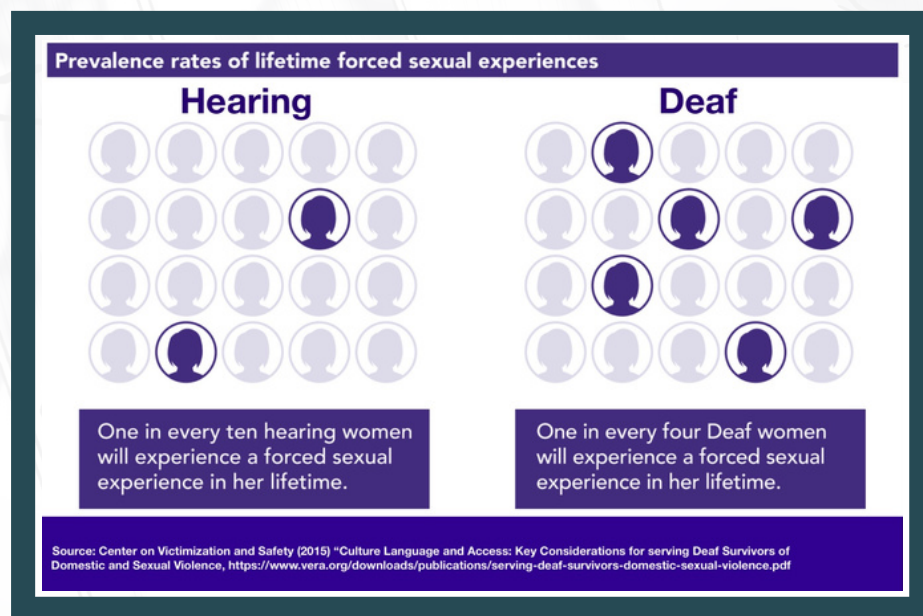
- For Deaf service providers on domestic and sexual violence
- For hearing service providers on communication access and best practices for serving Deaf survivors
- For Interpreters on trauma Informed Interpreting and related topics



# SEXUAL VIOLENCE:

## WHAT IS IT AND WHAT CAUSES IT?

Sexual violence is any form of sexual interaction done without a person's consent.



Sexual violence is the use of sexual actions and words that are unwanted and are harmful to another person.

It can happen to anyone at any age. Women and girls, gender non-conforming and genderfluid people, BIPOC people, LGBTQ+ people, and other people with marginalized identities are especially targets of sexual violence.

Whether it is legal or not, unwanted sexual acts are

harmful and always unacceptable. There are many causes of sexual violence.

The biggest factor is that we live in a culture that supports, condones, and ignores sexually violent messages and behaviors. Images of women and girls as sexualized objects in the media are widespread. Our culture supports the message that women should be sexually available. We call this Rape Culture.

# DOMESTIC VIOLENCE IN THE DEAF COMMUNITY

Domestic violence (DV) is a pattern of power and control that one person uses in an intimate relationship with another person.

DV can happen in any relationship (any age, any gender, any culture) and is always unacceptable. It includes physical, emotional, financial and other forms of abuse. DV is reinforced by system violence, which shows up in many ways including poverty, housing discrimination, and denial of healthcare.

People who cause harm use tactics like isolation and intimidation to gain power and control.

People who cause harm may minimize, deny and blame their partner for the abuse.

People who cause harm often use their privileges (hearing, white, male, etc.) against their partner by taking over the interpreting process if police are called to their home. They make it seem like the Deaf survivor made a mistake to call so the police don't do anything to intervene.

Survivors often feel responsible for causing the violence, but they are never at fault for the abuse. No one deserves to experience this. Contact DeafHope for more information.



# RESOURCES



## DeafHope

San Francisco Bay Area

[www.deaf-hope.org](http://www.deaf-hope.org)

[deafhope@deaf-hope.org](mailto:deafhope@deaf-hope.org)

VP: 510-735-8533



## DeafSAFE

Northern California

[www.norcalcenter.org/deafsafe](http://www.norcalcenter.org/deafsafe)

[deafsafe@norcalcenter.org](mailto:deafsafe@norcalcenter.org)

VP: 916-993-3393



## National Deaf Hotline

Advocates are available 24/7 via videophone and live chat.

- VP: 855-812-1001
- Instant messenger: DeafHotline
- Email: [nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org)
- [thehotline.org](http://thehotline.org) has a live chat option in English



## Peace Over Violence

Southern California

[www.peaceoverviolence.org](http://www.peaceoverviolence.org)

[demara@peaceoverviolence.org](mailto:demara@peaceoverviolence.org)

VP: 213-223-7406

You are not alone. Support is available to you.

*I was lost for four years, going from therapist to therapist until finally I found DeafHope. It took some time before I learned to trust DeafHope, but DeafHope helped me. They did not spread gossip about me. I joined support group, and they did not spread gossip about me. I learned to trust support group. Then, I learned to trust myself. Thanks to DeafHope, I am in a better place in my life.*

*-E.B., a survivor*

