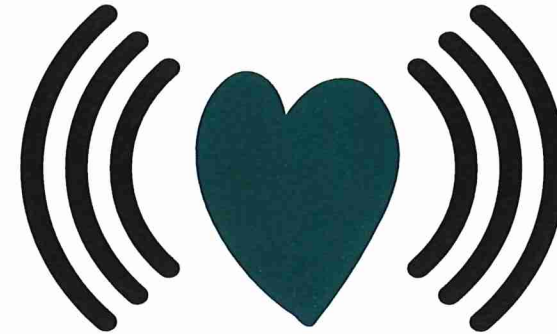


ZONE OF

FABULOUSNESS

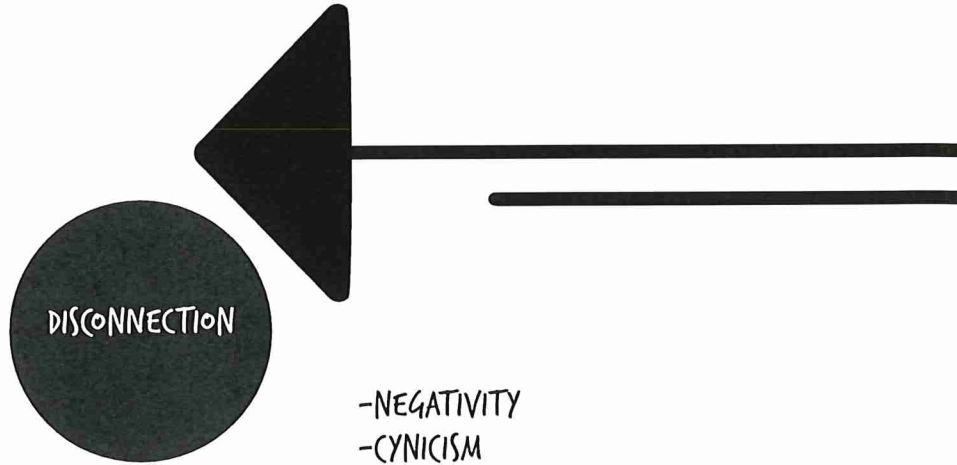
RESISTING BURNOUT & SHOULDERING EACH OTHER UP



WHAT IS
AT THE
HEART OF
YOUR WORK?

WHY ARE
YOU
HERE?

WHERE ARE



- NEGATIVITY
- CYNICISM
- AVOIDANCE AND NUMBING
- STAFF CENTERED

WORKERS USUALLY BURN

WHAT WAYS DO
YOU GET CAUGHT UP
THAT TAKE YOU TOO
FAR AWAY FROM THE
PERSON?

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and it would be grand if you reference the work.

Reynolds, V. (2019). The Zone of Fabulousness: Resisting vicarious trauma with connection, collective care and justice-doing in ways that centre the people we work alongside. *Context*. August 2019, Association for Family and Systemic Therapy, UK, 36-39.

Reynolds, V. (2011). Resisting burnout with justice-doing. *The International Journal of Narrative Therapy and Community Work*. (4) 27-45.

Articles chapters and talks available free on Vikki's website:

www.vikkireynolds.ca

videos and articles responding to the opioid catastrophe:

<https://vikkireynolds.ca/opioid-epidemic-responses/>

Graphic Design by Chloé Gammon

www.chloegammon.com

Gratitude and heartfelt solidarity and respect to the fiercely dedicated and skilled community workers/activists who have contributed so much to this project, and who are shouldering up so many others in responding to this catastrophe of deaths by bad drug policy:

Videos from Jen Sung & David Ng (of Love Intersections)

Tara Danger Taylor

Lana Fox

Mena Beatch

Prairie Chiu

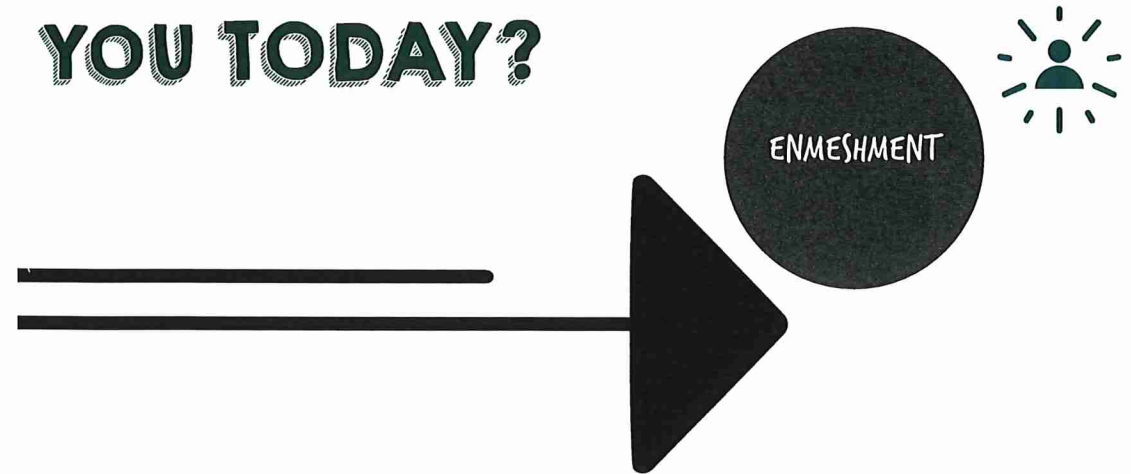
Stacy Leblanc

Cori Kelly

Allan Lindley

Sacha Médiné

YOU TODAY?



-HOPELESS "SHOVELLING H2O"

-THE HERO

-BOUNDARY TRANSGRESS

-WORKER CENTERED

OUT ONE OF TWO WAYS...

WHAT WAYS
DO YOU GET
CAUGHT UP THAT
TAKE YOU TOO
CLOSE TO THE
PERSON?

THE ZONE OF
FABULOUSNESS

DISCONNECTION

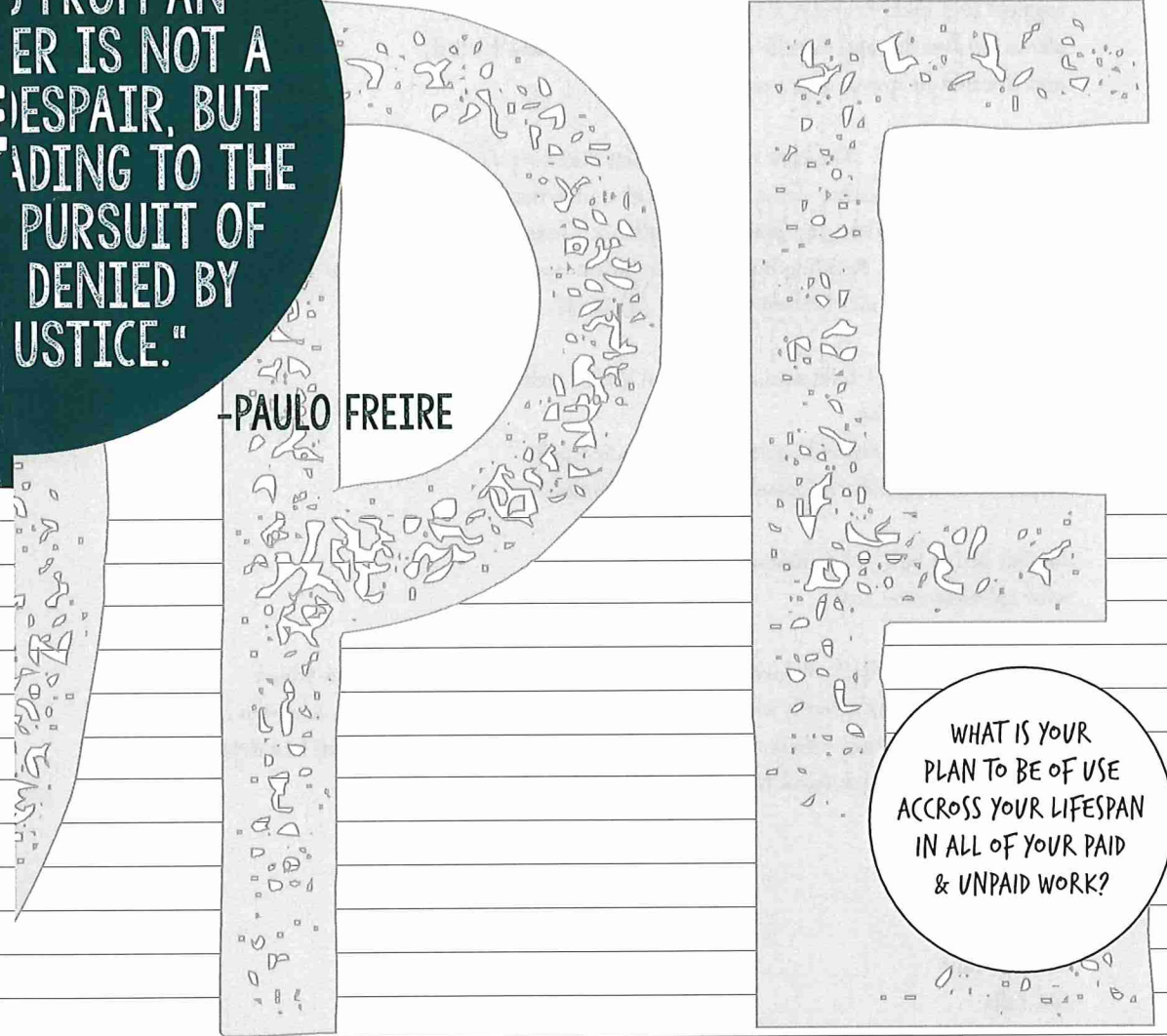


ZONE OF
CONNECTION

HE
IZATION
; FROM AN
ER IS NOT A
ESPAIR, BUT
ADING TO THE
PURSUIT OF
DENIED BY
USTICE."

-HOPE
-COLLECTIVE
ETHICS

-PAULO FREIRE



WHEN
ARE
YOU
FABULOUS?

WHEN IS
YOUR TEAM
FABULOUS?

WHAT IS YOUR
PLAN TO BE OF USE
ACROSS YOUR LIFESPAN
IN ALL OF YOUR PAID
& UNPAID WORK?

"THE
DEHUMANIZATION
RESULTING FROM
UNJUST ORDERS
IS THE CAUSE FOR
LOSS OF HOPE, LEAD
TO INCESSANT
LOSS OF HUMANITY
AND THE INJURY
TO FABULOUSNESS

CTION

FABULOUSNESS

ENMESHMENT



- COLLECTIVE CARE
- PERSON CENTERED

WHY ARE YOU STILL HERE?

WHAT KEEPS YOUR HOPE ALIVE?

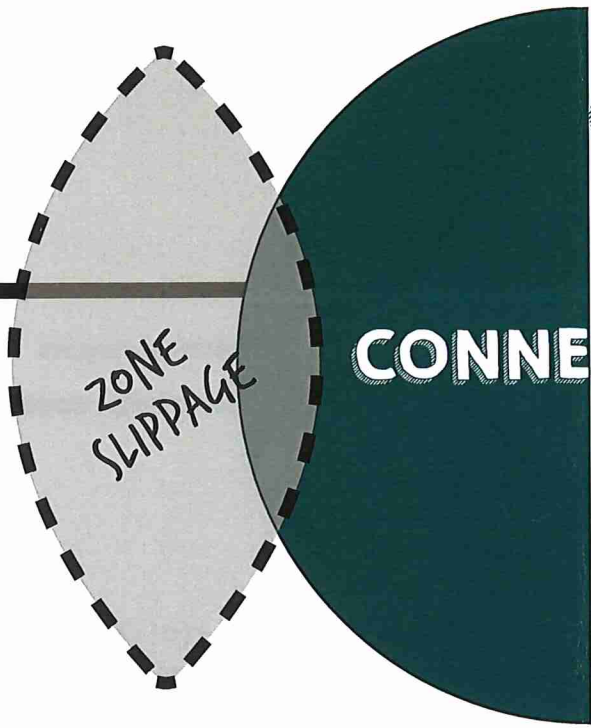
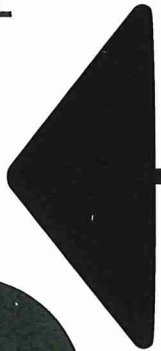
HOW DO YOU KNOW YOU'RE IN THE ZONE?

WHAT DO YOU THINK, FEEL, SAY & DO THAT LETS YOU KNOW YOU'RE FABULOUS?

SLIPPING OUT OF THE ZONE

CAL INCIDENT...

DISCONNECTION



WHAT DID WE DO RIGHT? SHARE YOUR KNOWLEDGE, OUR RESPONSES ARE BEING DEVELOPED BY OUR PEERS, IN THE MOMENT. WE WANT TO SHARE THE LEARNING OF WHAT WE DID RIGHT.

WHAT DO WE NEED TO DO DIFFERENTLY? WE WANT TO BE CAUTIOUS NOT TO SHARE THE GRIM DETAILS, BUT ALSO WANT TO SHARE THINGS THAT EVERYONE SHOULD KNOW. EACH TIME WE RESPOND WE LEARN SOMETHING NEW, IT'S OK TO ACKNOWLEDGE THAT WE MAY DO THINGS DIFFERENTLY NEXT TIME.

HOW DO YOU SLIP OUT

THINK?

ACT?

DO?

FEEL?

DISCONNECTION

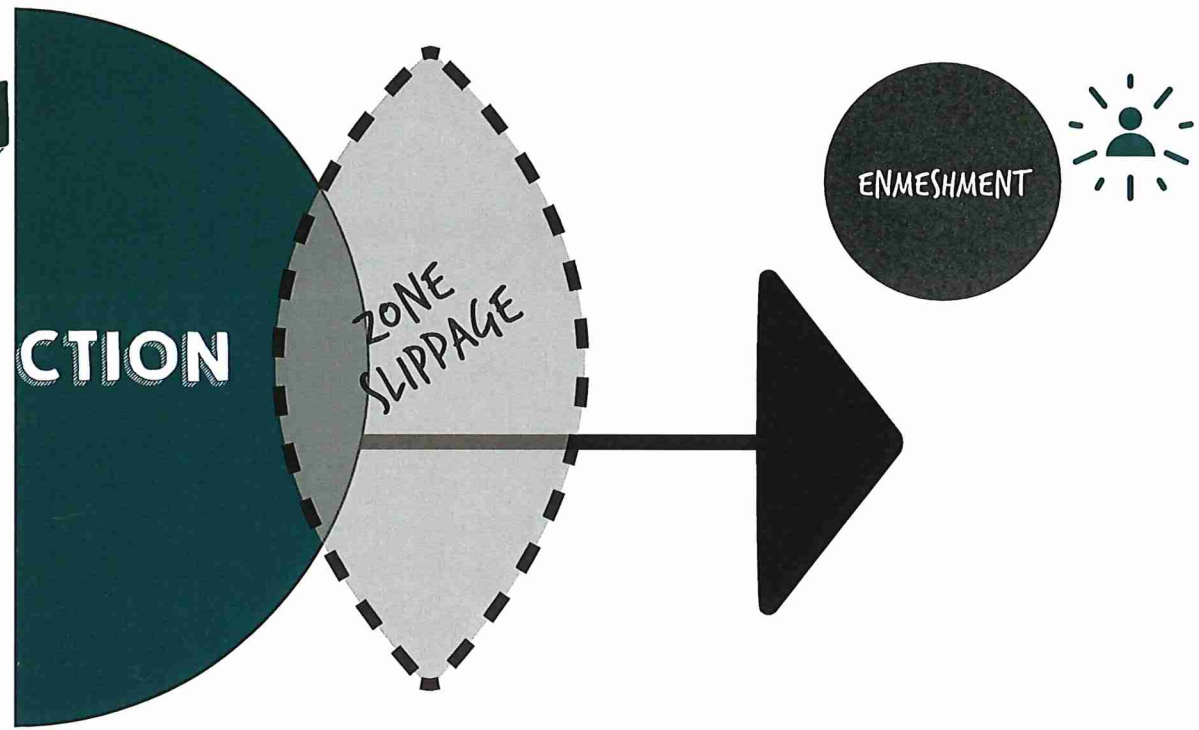
HOW CAN YOU SHARE THE KNOWLEDGE GAINED FROM A RESPONSE TO STRENGTHEN & SUPPORT YOUR TEAM?

DEBRIEFING WITH CONNECTION & CO-REGULATION

AFTER A CRITIC

COMMITMENT TO EACH OTHER'S WELLNESS. COMMIT TO MAKING TIME IMMEDIATELY AFTER THE INCIDENT TO CHECK IN WITH EACH OTHER.

CONNECTION IS KEY. OUR AIM IS TO CONNECT IN SOLIDARITY & NOT TO GO OVER GRIM DETAILS. OFFER CHOICES IF YOUR PARTNER IS STRUGGLING WITH CONTAINMENT. WHEN FOLKS ARE OVERWHELMED IT'S NOT EASY FOR THEM TO SAY WHAT THEY NEED, BUT HAVING CHOICES OFFERED IS USEFUL.



OF THE FABULOUS?

WHAT ARE SOME IMMEDIATE, USEFUL THINGS YOU CAN OFFER TO SOMEONE WHO IS OVERWHELMED AND STRUGGLING WITH CONTAINMENT?

ENMESHMENT

THINK?

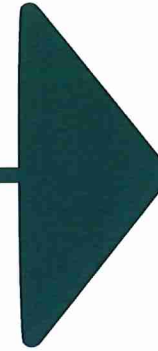
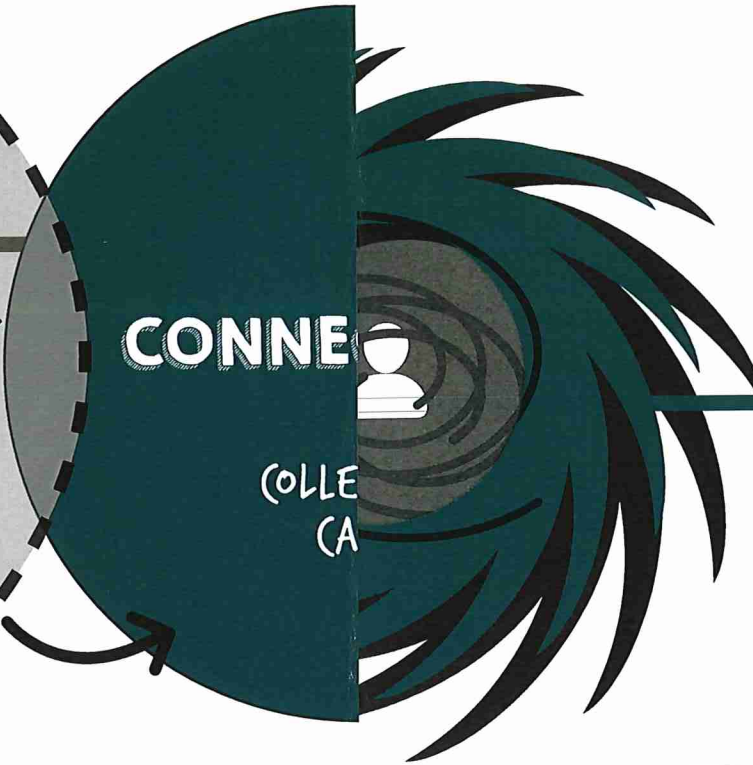
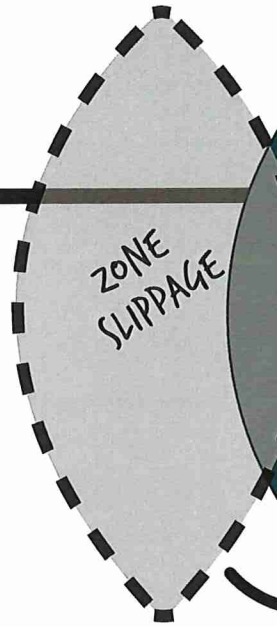
ACT?

DO?

FEEL?

GETTING BACK IN THE ZONE

COLLECTIVE CARE



HOWLING AT THE MOON

How do you let folks know you're open to critique?

How do you want to give critique?

How do you want to receive critique?

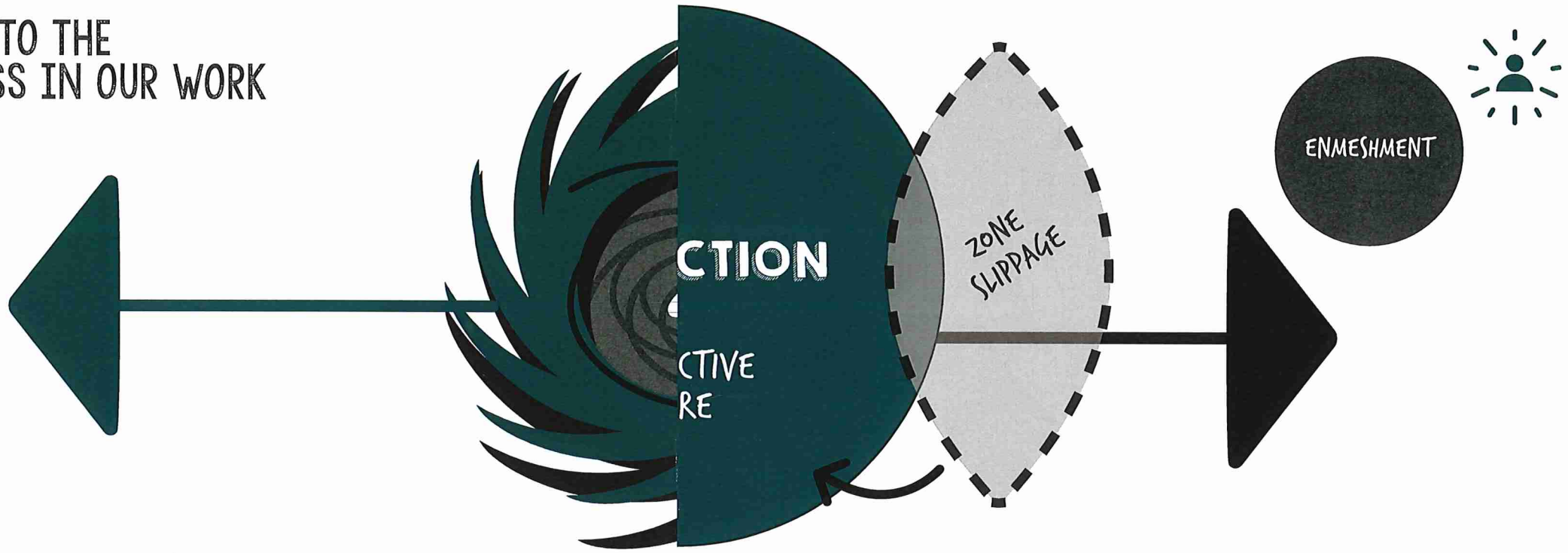
YOU CAN'T KEEP YOURSELF BEING FABULOUS REQUIRES CRITIQUE

WHO DO YOU DO THIS WITH?

CRITIQUE NEEDS TO BE DIRECT, SOON,

RESPONDING TO THE DARKNESS IN OUR WORK

PEACEFUL
QUIET
REFLECTIVE



YOURSELF FABULOUS!
CARE, FEEDBACK, ACCOUNTABILITY

HOW DO YOU DO COLLECTIVE CARE WITH & FOR YOUR TEAM?

HOW DO YOU KEEP EACH OTHER FABULOUS?

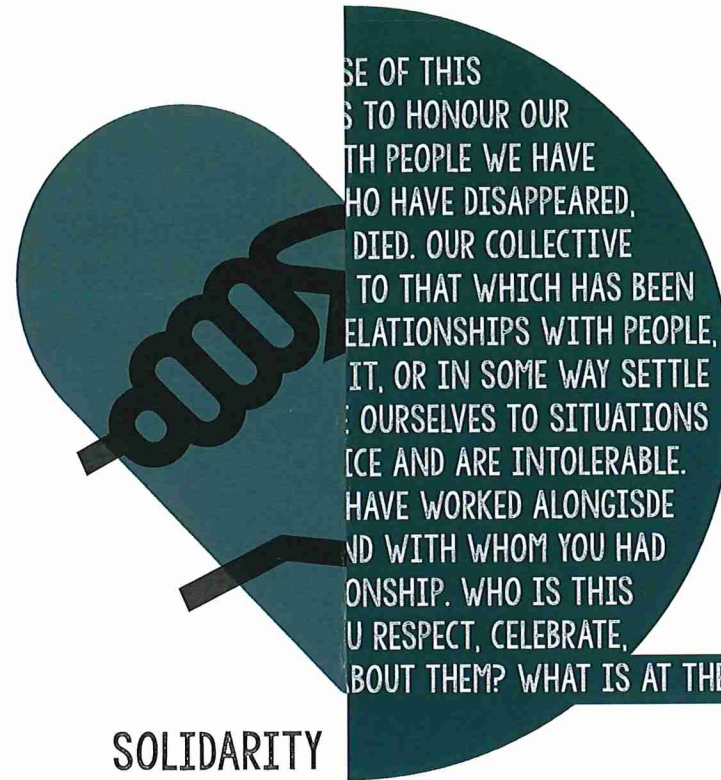
HOW DO WE KEEP PEOPLE AT THE CENTRE?


NOT GOSSIP, PRIVATE IF IT CAN BE.

WHAT GATHERINGS, RITUALS, CONNECTIONS DO YOU DO TO SHOULDER ONE ANOTHER UP?

GETTING BACK IN THE ZONE

SOLIDARITY TEAMS



USE OF THIS
S TO HONOUR OUR
TH PEOPLE WE HAVE
HO HAVE DISAPPEARED,
DIED. OUR COLLECTIVE
TO THAT WHICH HAS BEEN
RELATIONSHIPS WITH PEOPLE,
IT, OR IN SOME WAY SETTLE
OURSELVES TO SITUATIONS
ICE AND ARE INTOLERABLE.
HAVE WORKED ALONGSIDE
ND WITH WHOM YOU HAD
ONSHIP. WHO IS THIS
U RESPECT, CELEBRATE,
BOUT THEM? WHAT IS AT THE  OF YOUR CARE FOR THIS PERSON?

SOLIDARITY

WHAT SHOULDERS YOU UP IN THE WORK? (PPL, MUSIC, PLACES)

HOW CAN THESE FOLKS BE USEFUL TO YOU?

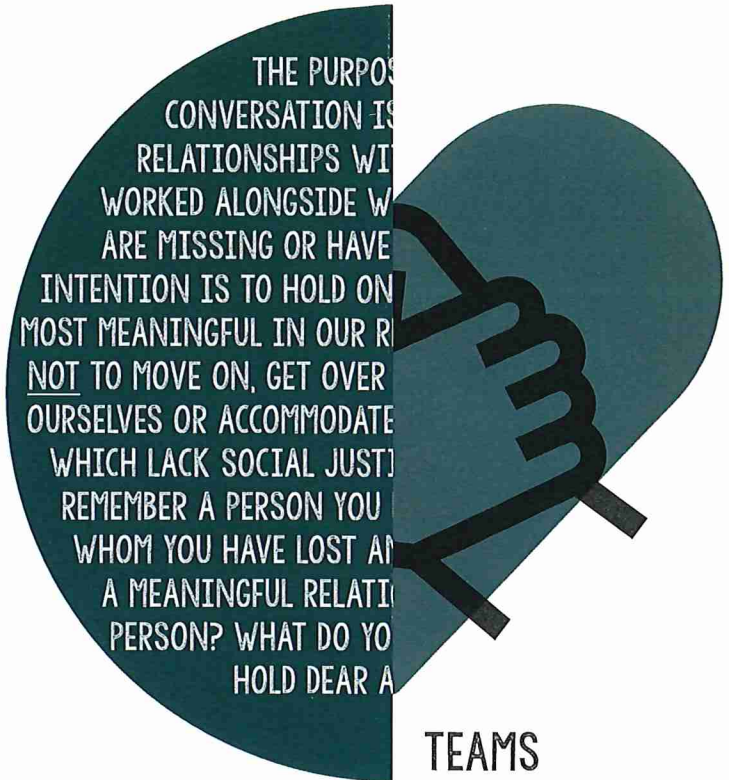
WHO CAN YOU HOWL AT THE MOON WITH THAT WON'T TELL YOU TO LEAVE THE WORK?

HOW HAS THIS PERSON BEEN HELPFUL FOR YOU IN TERMS OF BEING HELPFUL FOR OTHERS?

HOW HAS THIS PERSON BEEN HELPFUL FOR YOU IN TERMS OF BEING HELPFUL TO YOURSELF?

HOW WILL YOU KEEP THIS PERSON AND THEIR TEACHINGS ALIVE IN YOUR WORK? (RESISTING THEIR DISSAPPEARANCE OR JUST BEING A NUMBER)

HOLDING ON WITH LETTING GO



THE PURPOSE OF THIS
CONVERSATION IS TO
RELATIONSHIPS WITH
WORKED ALONGSIDE WHO
ARE MISSING OR HAVE
INTENTION IS TO HOLD ON
MOST MEANINGFUL IN OUR
NOT TO MOVE ON, GET OVER
OURSELVES OR ACCOMMODATE
WHICH LACK SOCIAL JUSTICE
REMEMBER A PERSON YOU
WHOM YOU HAVE LOST AND
A MEANINGFUL RELATIONSHIP
PERSON? WHAT DO YOU
HOLD DEAR AND

TEAMS

HOW WERE YOU
USEFUL
TO THEM?

IF
THIS PERSON
WERE HERE NOW
WHAT WOULD THEY SAY
ABOUT HOW YOU WERE
MOST USEFUL TO
THEM?

WHAT DID THIS
PERSON TEACH
YOU?

HOW DO YOU
HOLD YOURSELF
ACCOUNTABLE
TO YOUR SOLIDARITY
TEAM?

WHAT
MAKES THESE
FOLKS SO
FABULOUS
& USEFUL?

WHO CAN
YOU ASK TO
BE A PART OF YOUR
SOLIDARITY TEAM?

GETTING BACK IN
THE ZONE
DISCERNING DEATH



DEATH AS A
DIGNIFIED, MEANINGFUL
LIFE TASK

TRAGIC DEATH

WHAT HAS YOUR
CULTURE, FAMILY OF
CHOICE, SPIRITUALITY, LIFE
EXPERIENCE TAUGHT YOU
ABOUT DEATH AS MEANINGFUL
AND DIGNIFIED?

HOW IS TRAGIC
DEATH DIFFERENT FROM
DEATH AS A MEANINGFUL
AND DIGNIFIED
LIFE TASK?