

ZONE OF

FABULOUSNESS

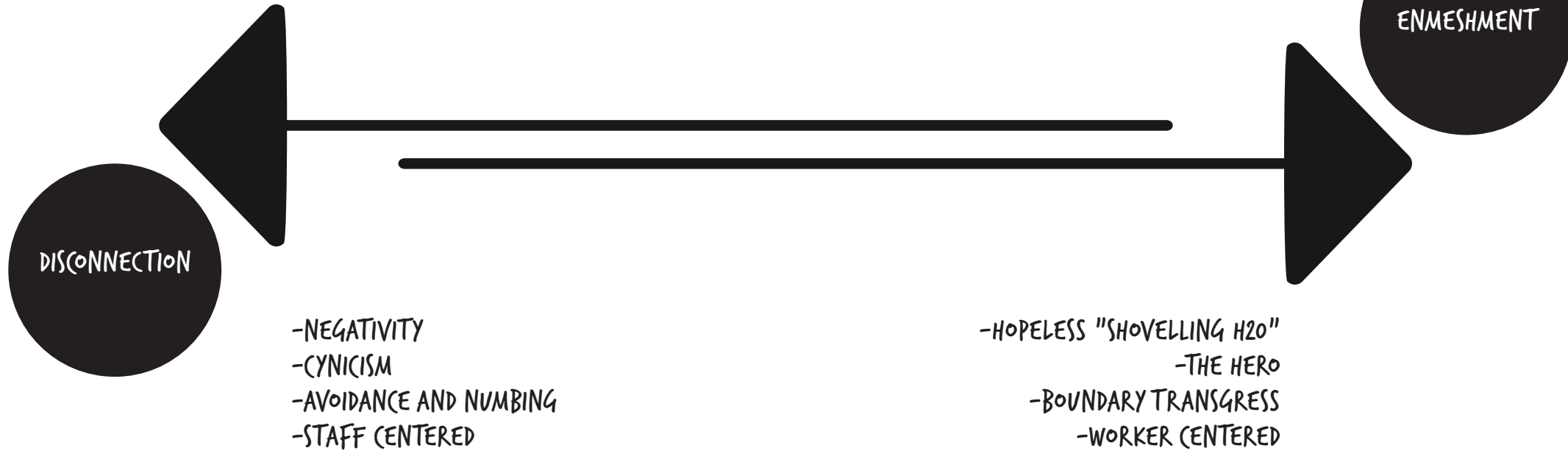
RESISTING BURNOUT & SHOULDERING EACH OTHER UP



WHAT IS
AT THE
HEART OF
YOUR WORK?

WHY ARE
YOU
HERE?

WHERE ARE YOU TODAY?



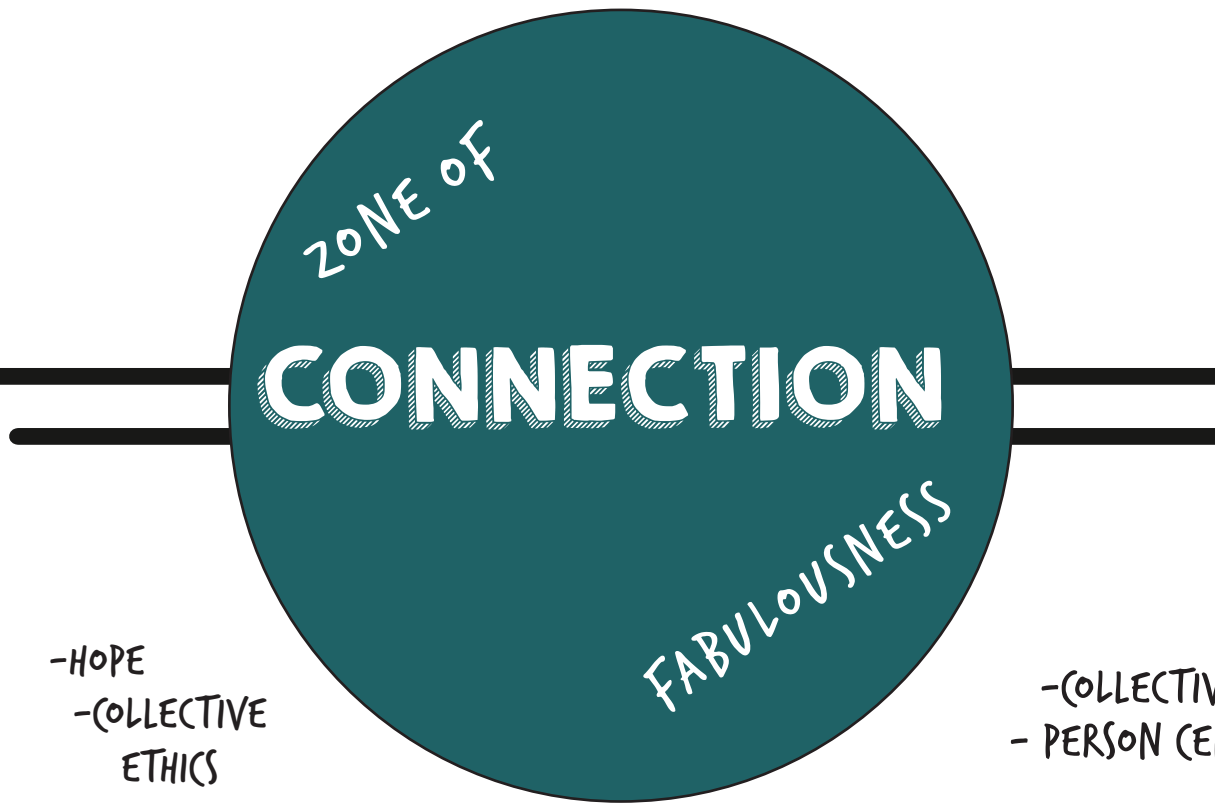
WORKERS USUALLY BURN OUT ONE OF TWO WAYS...

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

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

THE ZONE OF FABULOUSNESS

DISCONNECTION



-HOPE
-COLLECTIVE ETHICS

-COLLECTIVE CARE
-PERSON CENTERED

ENMESHMENT



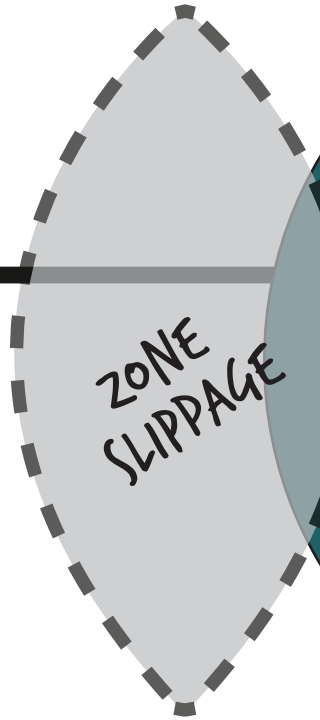
WHEN ARE YOU FABULOUS?

WHEN IS YOUR TEAM FABULOUS?

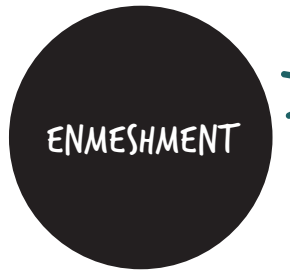
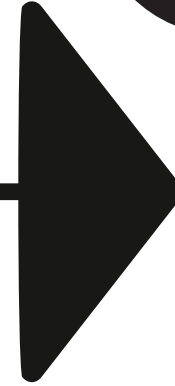
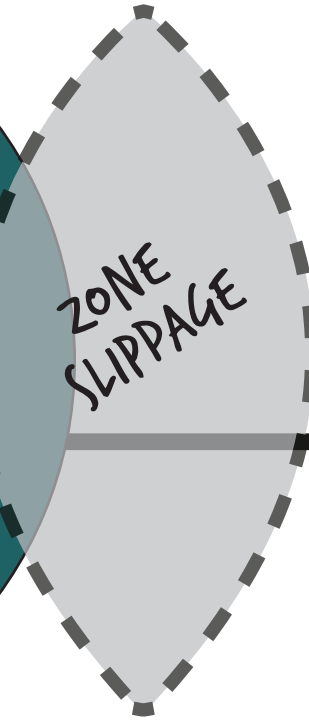
HOW DO YOU KNOW YOU'RE IN THE ZONE?

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

SLIPPING OUT OF THE ZONE



CONNECTION



HOW DO YOU SLIP OUT OF THE FABULOUS?

THINK?

ACT?

DO?

FEEL?

DISCONNECTION

THINK?

ACT?

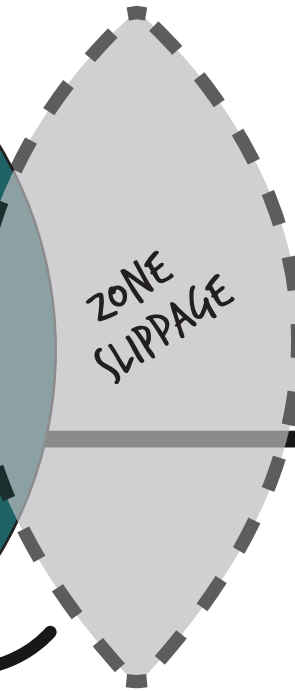
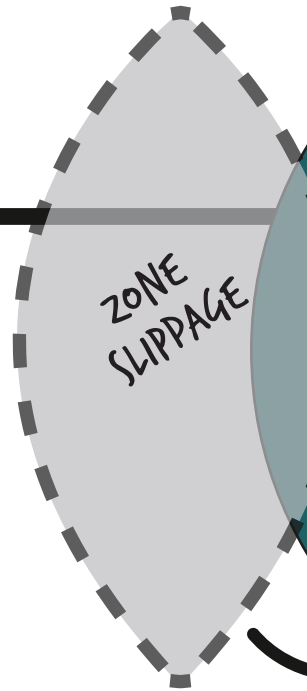
DO?

FEEL?

ENMESHMENT

GETTING BACK IN THE ZONE

COLLECTIVE CARE



YOU CAN'T KEEP YOURSELF FABULOUS!
BEING FABULOUS REQUIRES CRITIQUE, FEEDBACK, ACCOUNTABILITY

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?

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?

CRITIQUE NEEDS TO BE DIRECT, SOON, NOT GOSSIP, PRIVATE IF IT CAN BE.

GETTING BACK IN
THE ZONE
SOLIDARITY TEAMS



SOLIDARITY TEAMS

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 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?

HOLDING ON WITH LETTING GO

THE PURPOSE OF THIS CONVERSATION IS TO HONOUR OUR RELATIONSHIPS WITH PEOPLE WE HAVE WORKED ALONGSIDE WHO HAVE DISAPPEARED, ARE MISSING OR HAVE DIED. OUR COLLECTIVE INTENTION IS TO HOLD ON TO THAT WHICH HAS BEEN MOST MEANINGFUL IN OUR RELATIONSHIPS WITH PEOPLE, NOT TO MOVE ON, GET OVER IT, OR IN SOME WAY SETTLE OURSELVES OR ACCOMMODATE OURSELVES TO SITUATIONS WHICH LACK SOCIAL JUSTICE AND ARE INTOLERABLE. REMEMBER A PERSON YOU HAVE WORKED ALONGSIDE WHOM YOU HAVE LOST AND WITH WHOM YOU HAD A MEANINGFUL RELATIONSHIP. WHO IS THIS PERSON? WHAT DO YOU RESPECT, CELEBRATE, HOLD DEAR ABOUT THEM? WHAT IS AT THE  OF YOUR CARE FOR THIS PERSON?

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
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 DISAPPEARANCE OR
JUST BEING A
NUMBER)

RESPONDING TO THE DARKNESS IN OUR WORK

PEACEFUL
QUIET
REFLECTIVE



HOWLING
AT THE
MOON

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

WHO DO
YOU
DO THIS
WITH?

DEBRIEFING WITH CONNECTION & CO-REGULATION

AFTER A CRITICAL INCIDENT...

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.

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.

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

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

“THE
DEHUMANIZATION
RESULTING FROM AN
UNJUST ORDER IS NOT A
CAUSE FOR DESPAIR, BUT
FOR HOPE, LEADING TO THE
INCESSANT PURSUIT OF
HUMANITY DENIED BY
THE INJUSTICE.”

—PAULO FREIRE

WHY ARE
YOU
STILL HERE?

WHAT KEEPS
YOUR HOPE
ALIVE?

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

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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