



Healing in the Margins: Redefining Well-Being, Resilience and Recovery Amidst Chronic Stress

**Nikki Myers, IAYT Yoga Therapist, MBA, SEP,
Ayurvedic Yoga Specialist, Y12SR: The Yoga of
12-Step Recovery**

Key Practices for Healing

- **Somatic Practices:** including yoga, breathwork, and movement release trauma, to calm the nervous system, and build resilience,. in groups - creates co-regulation and shared resilience within communities.
- **Cognitive Practices:** Mindfulness, self-reflection, and reframing our internal narratives to challenge limiting beliefs and social constructive narratives.
- **Community Practices:** Peer support and shared rituals rebuild connection to ourselves, others, and the Earth.

Societal Healing and Systemic Reckoning

- **Rebuilding Communities:** Foster connection through peer support, rituals, and community programs..
- **Shifting Narratives:** Replace societal stories of hierarchy, and separation with narratives of interdependence, and shared responsibility
- **Reckoning with Systems:** Address systemic disconnection through equity, care, and fairness.
- **Restoring Our Relationship with the Earth:** Address systemic disconnection through equity, care, and fairness.

Redefining Well-Being and Resilience

- **Resilience in Connection:** Build networks of mutual support for shared strength and collective power.
- **Well-Being Beyond Productivity:** Create conditions for safety, connection, and alignment with ourselves, others, and the Earth.
- **Prioritize Joy and Rest:** Treat joy and rest as essential, reclaiming humanity beyond productivity.
- **A Collective Vision:** Communities having access to resources, opportunities, and care to flourish.