



# SPIRITUAL CARE IS SELF-CARE

From the Student Activities Office of Spirituality & Meaning Making

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Assistant Director of Spirituality & Meaning Making

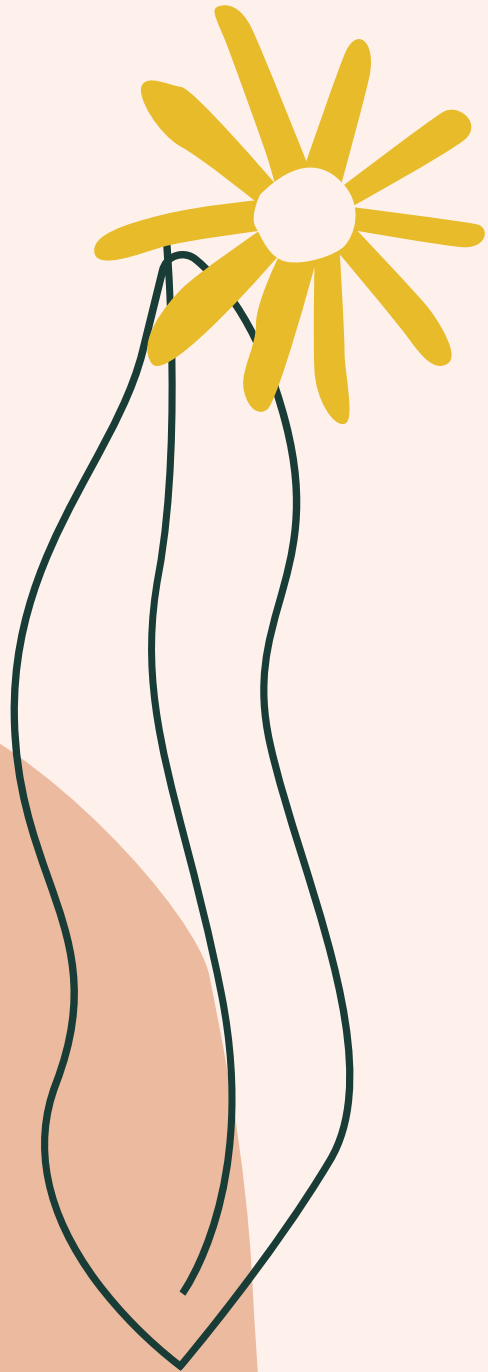
## ABOUT ME

Writer, poet, storyteller, storylistener, educator, tarot reader, and spiritual care provider.

Descendant of the Umatilla, Nimiipuu, Sac & Fox, and Anishinaabe Nations. Adopted, farm raised and chronically ill.

## EXPERIENCE

Master of Divinity, Graduate Certificate In Pastoral Care & Counseling, Graduate Certificate In Theological Studies, Certificate In Movement Chaplaincy. Chaplain residency In forensic mental health. Eleven years In higher education. Twelve years private chaplain practice - officiating, counseling, public speaking, preaching.



# Spiritual Care at Evergreen



## WHAT IS IT?

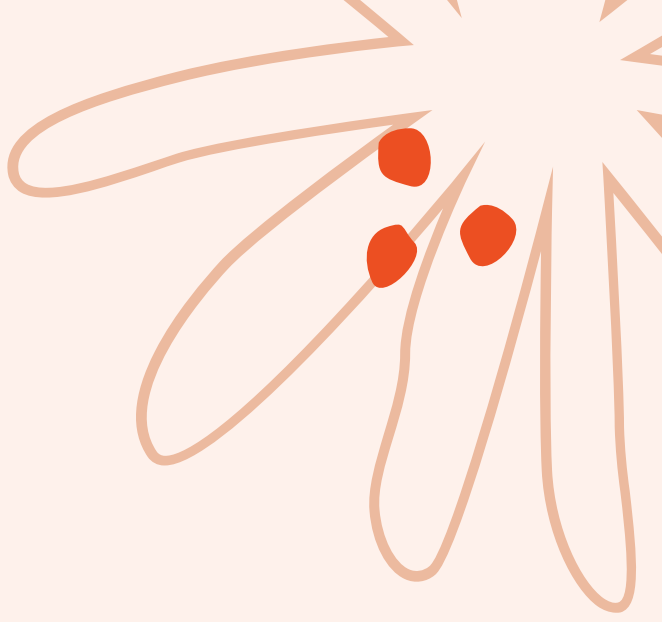
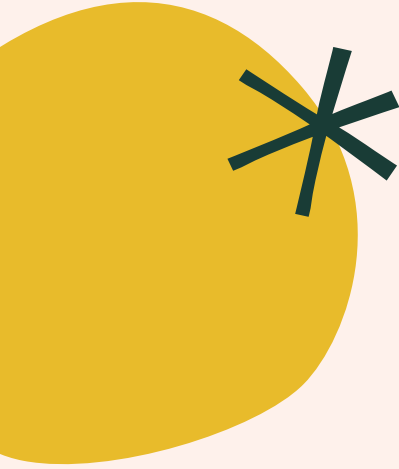
A confidential virtual space for students to explore issues pertaining to purpose, belonging, meaning, grief/loss, joy/celebration, identity, and interpersonal relationships.

## WHO IS IT FOR?

All Evergreen students. From any faith tradition or no faith tradition.

## HOW DOES IT HELP?

Provides a space for students to be heard, to find connection, to access resources, and to experience a place where they can be authentically themselves.



# HEALING JUSTICE FRAMEWORK

~FROM CARA PAGE & KINDRED SOUTHERN HEALING JUSTICE COLLECTIVE

## HISTORICAL TRAUMA

Identify & respond to historical trauma and violence on our bodies, minds, and hearts.

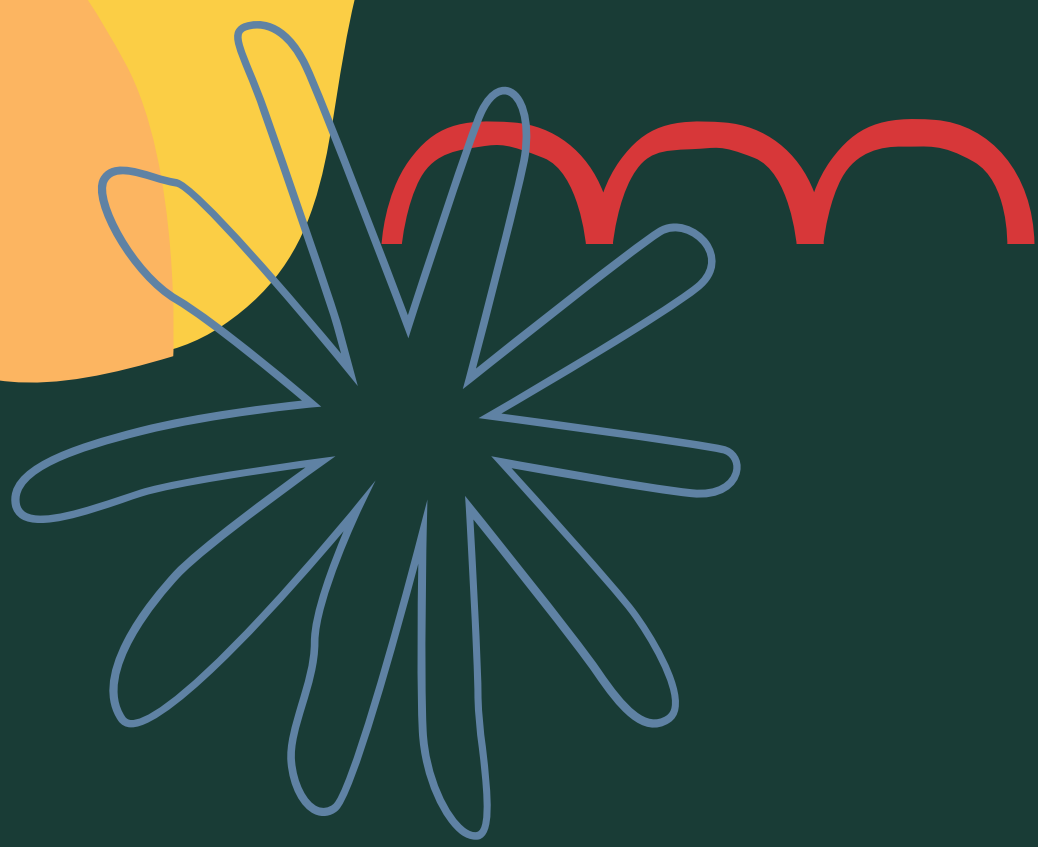
## TODAY'S WORLD

Intervene in the oppressive practices and policies that caused historical trauma and violence and continue to harm our bodies, minds, hearts.

## RADICAL IMAGINATION

Transform the consequences of oppression on our bodies, minds, and hearts. Envision and create the world we want to live in.

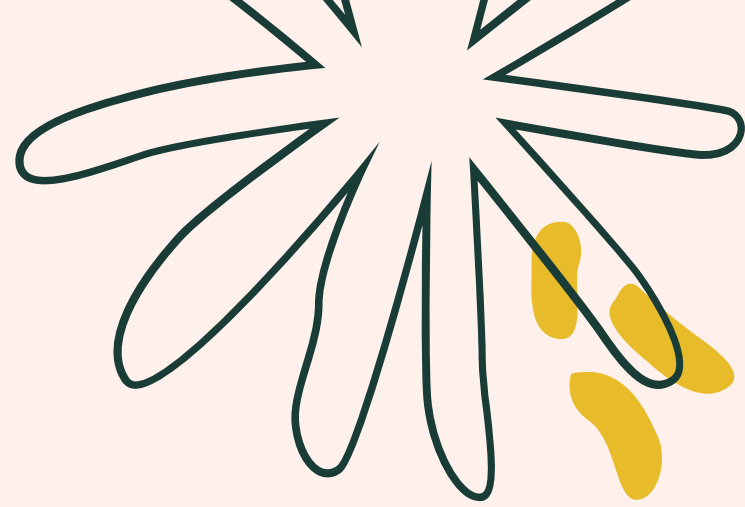




"Caring for myself is not self-indulgence, it is self-preservation and that is an act of political warfare."

~Audre Lorde





# Self-Care Practices & Resources

## REST:

Take breaks, take naps, go for a walk, step away from your screen, engage different senses.

Visit: @thenapministry

## GROUND & CENTER:

Meditate, practice mindful breathing, build an altar, create or visit sacred space, talk with your ancestors.

Visit: Insight Timer

## CREATE BOUNDARIES:

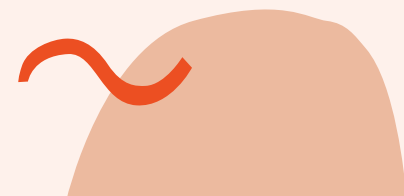
Bullet journal, self-reflection tools, listen to your body/mind/heart, slow down, stick with what works.

Visit: [bulletjournal.com](https://bulletjournal.com)

## IMAGINE:

write, paint, sculpt, dance, play.

Visit: YouTube



# Spiritual Care

A confidential space available to all students.

An opportunity to explore:

**purpose / joy / values / belonging /  
relationships / grief & loss /  
meaning making / healing & social justice/  
spiritual questioning / ancestral connection**

**EMAIL MELISSA BENNETT**

**ASSISTANT DIRECTOR OF SPIRITUALITY & MEANING MAKING  
TO SCHEDULE AN APPOINTMENT:**

[bennettm@evergreen.edu](mailto:bennettm@evergreen.edu)



## Spiritual Care/Self-Care at Evergreen

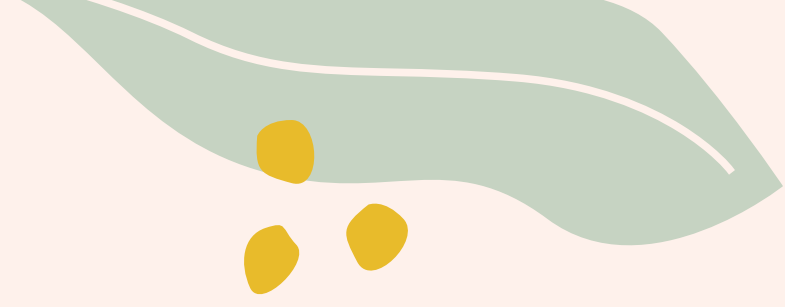
1:1 SPIRITUAL CARE

DAILY MINDFULNESS PRACTICE

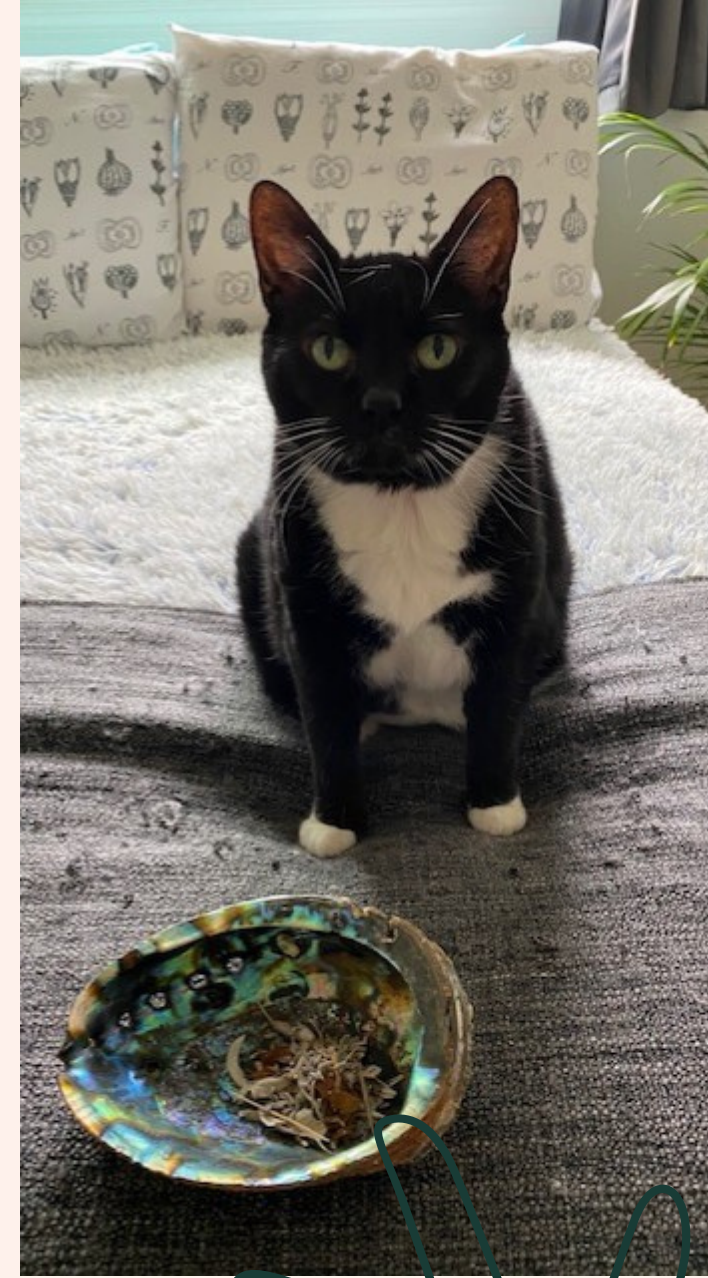
WEEKLY WRITING PRACTICE

SOCIAL MEDIA ENGAGEMENT

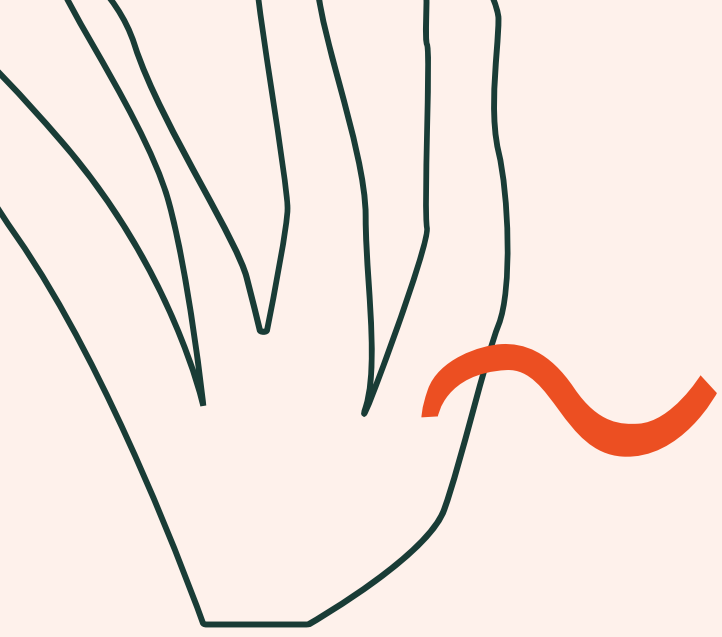




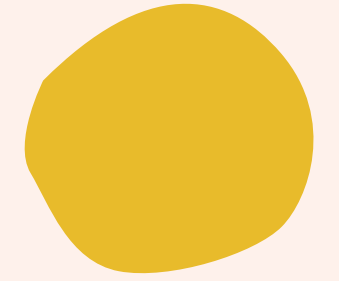
# Questions?







# Prompt:



What self-care tools have been helpful for you and how do you share those with students as part of a healing justice framework?





# CONTACT ME

## EMAIL

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## WEBSITE

[www.evergreen.edu/activities](http://www.evergreen.edu/activities)

## INSTAGRAM

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