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## **GROUNDING IS IMPORTANT**

As we are learning to cope with a new way of life with social distancing and isolation, tragedy strikes our province and rattles us to the core. We are left shaken, heartbroken, lost and grasping for understanding. We may not notice the impact this is having on our nervous system and we **MUST** take time to stay grounded. Our tendency might be to ignore the signs in our body or go on caring for others and not ourselves. We encourage you to take time for yourself even when it might not feel necessary. In these times of great fear and uncertainty, placing our focus on one thing that is certain...flowers coming up, birds singing...can offer some peace. Now more than ever we must be kind to ourselves and each other.

We continue to answer emails & phone messages – [info@secondstory.ca](mailto:info@secondstory.ca) (902) 540-3044

*Second Story Women's Centre supports women and gender-oppressed people, provides safer spaces, and advocates for social change. Our vision is gender equity and safe, healthy relationships on the South Shore*

**Second Story Women's Centre, 18 Dufferin St, Lunenburg, NS B0J 2C0**  
**[www.secondstory.ca](http://www.secondstory.ca) [info@secondstory.ca](mailto:info@secondstory.ca) (902) 640-3044**



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# RESOURCES

We at Second Story Women's Centre believe it is important to connect the community with resources that are available. During this time of COVID-19 it can be difficult to know supports available. We have created space on our website where individuals can access a list of resources. We are constantly updating this information as we become aware of new supports. Click [here](#) to check out our resource page which can also be accessed from the home page of our website. If you have additional information for us to include please email [info@secstory.com](mailto:info@secstory.com)

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## WOMEN IN LEADERSHIP



We support women running for the upcoming municipal council. It is vital to have equitable gender representation on municipal decision making bodies – whether it be council or other municipal committees.

In case we are unable to offer in-person support in running for council, we direct you to this site to view many relevant documents to consider. Check out the campaign school for women toolkit. If you've been thinking of putting your name forward and / or know someone who would be a great leader in your community, please share!  
<https://women.novascotia.ca/our-priorities/womens-leadership>

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## WELLNESS

Journaling can help manage anxiety, reduce stress, depression and helps people cope. Here are a few journaling prompt questions that encourage self-care and wellness.

1. What are 3 things you are doing that no longer serve you? How can you stop doing these things?
2. Make a list of people in your life who support you. Why does their support mean so much to you?
3. What makes you feel at peace and why?
4. Make a list of 10-20 things that make you smile:)

For more wellness ideas check our website by clicking [here](#).



**Make a list of the people in your life who support you. Why does their support mean so much to you?**

