

DO YOU
ALWAYS
FEEL...

on-go, but can't focus?

tired, but can't sleep?

misunderstood?

It's **NORMAL**
to feel the
way **WE DO.**

In our community, we are dealing with sustained traumatic stress brought on by violence, poverty, racism and social oppression—unjust circumstances and experiences that hurt our peace of mind.

**Hurt people can help
hurt people heal.**

Our experience with healing from trauma makes it possible to help others heal. We can be trusted to listen more closely. And we know helping others heal can help us heal, too.

Join our conversation
about trauma healing.

Anyone living with trauma can heal.

Here are some ways you may find helpful:

- **Exhale.** Deep, slow breaths can relieve traumatic stress.
- **Work up a sweat.** Exercise reduces blood pressure and traumatic stress.
- **Play, listen, move.** Music is a proven traumatic stress reducer.
- **Share what happened to you with someone you trust.** Hidden wounds heal better in the open.

The pain is different for each of us. So is healing.
Find what's best for you: [WeCanHealFromTrauma.org](https://www.wecanhealfromtrauma.org)

#OurWordsHeal

Promotes how we can heal our bodies, minds, spirits and communities from trauma.

We share a deep hope in Black and Brown people as we draw courage from our community and celebrate our family, friendship and joy.

We focus on the healing, not the trauma, because what happened to us in the past does not have to define our future.



SHARE YOUR VOICE

To help shape the conversation around trauma healing.

OUR
WORDS
HEAL

We all want to feel better. To exhale. To let go of the weight from the past and thrive in the future.

But healing doesn't look the same for all of us. During the COVID-19 pandemic, and in the midst of uprisings for Black lives, this is especially true.

5 FIVE different ways to get involved with #OURWORDSHAL:

- 1 Follow us and engage.** Share events, resources, your ideas and stories using the hashtag #OurWordsHeal with other Black and Brown young men and women.
- 2 Connect others to healing resources you love.** We can promote what you share on our site and through social media. Our favorite resources and events are ones that are free and accessible to everyone.
- 3 Take part in the #HealingBecause campaign.** Share testimonials, photos and video clips on social media about why you're healing using #HealingBecause. By recognizing what motivates or the reasons for why we heal validate who we are, why we deserve to heal, and how we've chosen to heal.
- 4 Start a conversation with one of our custom t-shirts.** Created by young men and women who are healing and helping others heal from trauma, the proceeds of every purchase supports the #OurWordsHeal campaign and the Center for Nonviolence and Social Justice at Drexel University. Order from WeCanHealFromTrauma.org/shop. Show it off using the hashtag #OurWordsHeal!
- 5 Have more to share? Be featured on @OurWordsHeal for a week. We can show you how. It's open, free, easy and powerful.**

Just take these steps:

STEP 1

Contact us by emailing Malkia Okech and Khalil Taylor at ourwordsheal@gmail.com saying you're interested in being featured on #OurWordsHeal. Include your social media handles. We will be in touch to brainstorm with you. We welcome: your thoughts, testimony, reflections on trauma healing; as well as original art, writing, photography, video and other healing activities and favorite resources.

STEP 2

We will help you prepare the posts, whether that's just one, two or more for the week. We generally post on Tuesdays and Thursdays, but can post more often during your week.

Before going live on Twitter, Instagram, and Facebook, we will run everything by you for your approval.

STEP 3

Once your posts go up, repost and share, share, share.

Your vulnerability and thoughtfulness are gifts to the campaign and our community.

AT ITS CORE,

OUR WORDS HEAL:

OUR
WORDS
HEAL

- ✓ Does not stigmatize, stereotype or generalize.
- ✓ Emphasizes healing, not trauma. Reinforces that anyone living with trauma can heal. And that what happened to us in the past does not have to define our future.
- ✓ Normalizes reactions to sustained traumatic stress, such as: Feeling always on-go, but unable to focus. Feeling fatigued, but unable to sleep. Feeling misunderstood by others.
- ✓ Informs how sustained traumatic stress is brought on by a combination of unjust circumstances and experiences that hurt our peace of mind: violence, poverty, racism and other forms of social oppression.
- ✓ Advances the presentation of a diversity of people who are healing.
- ✓ Advances the presentation of a diversity of the ways people are healing.
- ✓ Advances the presentation of a diversity of the reasons people are healing. **#HealingBecause**
- ✓ Provides practical, free and easy ways of relieving traumatic stress. **Examples:** *Deep breaths, exercise, music and relationships.*
- ✓ Shows how people who are healing themselves are helping to heal others.
- ✓ Asks people to join our conversation about trauma healing. We make it easy. **#OurWordsHeal**
- ✓ Encourages others. We share a deep hope in Black and Brown people as we draw courage from our community and celebrate our family, friendship and joy.

We appreciate you. Your vulnerability and thoughtfulness are gifts to the campaign and our community.