

# Resources for Community Leaders

Tips to resource yourself as you support and care for others



Search Inside Yourself Leadership Institute

It requires a lot of energy and equanimity to hold space for your community. Being a human with mirror neurons that wire us for connection, you may take on the emotions of those you care for. This makes it all the more important to care for yourself as you support others. Below are a few tips to support you in taking care of yourself, which also strengthens your capacity to be of service.

## Redefine your Recharge

While we all know that self-care is important, resources for self-care may not be accessible at all or in the same way, or we may have limited resources to access them. See how you can redefine what will nourish and support you, and/or how you can adapt to accessing these resources.

- Check out [these resources for building resilience from SIYLI](#), and this [Self-Care Library for Uncertain Times](#) from our fellow SIY Certified Teachers.

Know that this redefining/adjusting in and of itself takes energy (on top of everything else that's going on) so be gentle with yourself and your expectations for what this means, so that this doesn't become a source of judgement instead of support! Allow this to be what it is while also being mindful (with true curiosity, not judgement) if it is really serving you.

Most importantly, don't judge or should yourself for how you're doing, reacting, or feeling - [accept yourself where you are, as you are, and offer yourself care and compassion](#). Furthermore, build the [practice of Self-Compassion with exercises and guided meditations from Dr. Kristin Neff](#).

## Recommit to or Deepen your Meditation Practice

Lean into the resources that exist from SIYLI and out in the world:

- [Guided Meditations from SIYLI](#)
- Teachers & Apps:

<a href="#">Amishi Jha</a>	<a href="#">Rhonda Magee</a>	<a href="#">Jon Kabat-Zinn</a>	<a href="#">Thich Nhat Hanh</a>
<a href="#">Spring Washam</a>	<a href="#">Jack Kornfield</a>	<a href="#">Kristin Neff</a>	<a href="#">Mirabai Bush</a>
<a href="#">Anushka Fernandopulle</a>	<a href="#">Joanna Hardy</a>	<a href="#">Sam Harris</a>	<a href="#">Sharon Salzberg</a>
<a href="#">Joanna Hardy</a>	<a href="#">Dr. Angel Kyodo Williams</a>	<a href="#">Shelly Tygielski</a>	<a href="#">Vinny Ferraro</a>
<a href="#">Tara Brach</a>	<a href="#">Mark Coleman</a>	<a href="#">Oren Jay Sofer</a>	<a href="#">Joanna Macy</a>

<a href="#">Wise@Work</a>	<a href="#">Headspace</a>	<a href="#">Insight Timer</a>
<a href="#">Calm</a>	<a href="#">Simple Habit</a>	<a href="#">Waking Up</a>

## Connect with Community

Allow yourself to be supported, in practice and in community, so you're not always the one doing the 'holding' and supporting.

- SIYLI's [Pause and Practice: Meditate & Connect in Community](#), every other Thursday 9-9:30am PST
- [East Bay Meditation Center Virtual Sanghas](#); various days and times each week depending on the meditation group for those who identify with different communities
- [Spirit Rock's 'Monday Night Talk and Sit'](#) with Jack Kornfield and Friends - Mondays 7:15pm PST
- [Spirit Rock's BIPOC Voices Weekly Sunday Sangha](#) - Sundays 9-10:30am PST
- [Insight Meditation Community of Washington DC](#) with Tara Brach - Wednesdays 7:30-9pm EDT

## Connect with your Intention & Gratitude

- What moves and inspires you to support others in this way? What is your deepest intention and wish for others?
- **What or who are you grateful for? How is it supporting or nourishing you?**
  - Try this [Gratitude Meditation from SIYLI](#)

## Practices to support you when you're leading group meditation sessions

**Before:** Take some time to ground and arrive fully, including tending to anything that is present for you, before stepping in and supporting/holding space for others. Here are some suggested practices to try:

- [Simply Stopping/ Being Present meditation](#) [2min]
- Three Breath Practice : Just like we offer in the SIY program, the three breath practice is something that you can do in just three breaths—to refresh, to be more present, to get off of autopilot. It includes:
  - First breath: bring complete, yet gentle attention to the process of breathing.
  - Second breath: let the body relax
  - Third breath: ask, what's important now?

**After:** Give yourself a moment to release anything that you've taken on emotionally, via one of the following practices:

- Movement: Put on some music and have a dance break, stretch and do some yoga, or do any type of spontaneous movement your body is needing
- Deep sighing exhales: Allow yourself to make noise, releasing with a deep sigh or exhale
- Change your location or physical space (even if it's just a different chair)
- [Open awareness](#) practice, and specifically try to notice [what arose without attaching to it](#)
- [Compassion meditation](#) as an antidote to empathic distress, and to [attend to any emotions present in yourself and others](#)
- Journaling: Spend 10 minutes, free flow writing. You could also write using the following prompts:
  - In this session, I noticed...
  - What went well was...
  - What I'd like to do differently next time is...
- Connect to Nature (if able): Connecting to nature can be a useful practice for grounding. Touch a tree, plant your feet on the ground, and breathe.