**I have opened up this page for you to add suggestions. Hit edit, add your suggestions at the bottom, hit save, and check that it worked.**

**Iliff Resources**

**Engage Spiritual Depth**: Every Sunday Professor Cathie Kelsey shares a link to a short (5 min) video called "engage spiritual depth." She uses practices from many sources and adapts them to studying as a graduate student who also has a "life" beyond school.  If you want to check out past videos, go to: https://www.iliff.edu/engagespiritualdepth/

**Iliff meditation group:**If you have any interest in joining a meditation group, you might consider trying out the Iliff Meditation Group led by Iliff alum William Jeavons. The group meets every Tuesday and Thursday from 1 to 2 p.m. (Mountain Time). This group is open to everyone and beginners are welcome. Here is William’s description of the group practice: “Our typical practice is a check-in as folks Zoom in for the first 10 minutes, flowing into a brief discussion about a theme for the day’s meditation, and then about 25 minutes of still, silent meditation.  Participants may, of course, use any favorite practice rather than the offered theme (often a Buddhist koan: a succinct teaching story or a question).  A time to share insights or questions (optional) follows the meditation. Shared meditation is a surprisingly powerful way to support one another just as we are and can be a lovely reset in a busy day!”

To get the Zoom link, or if you have any questions, please contact: wjeavons@iliff.edu

For help with psychological struggles, find out more about the employee assistance program for students: https://iliff.bloomfire.com/posts/3807145-eap-assistance-program

**Other Resources:**

Shelly Rambo has compiled a list of “Practices for trauma studies and community care” that she uses in her courses on trauma at Boston University School of Theology. Here is the word file [Rambo 2020 PRACTICES AND RESOURCES FOR TRAUMA CARE - 08.24.20.docx](https://iliff.instructure.com/courses/3106240/files/194255876/download?wrap=1)

The Chaplaincy Innovation Lab has compiled [“Spiritual Care Resources for Religious Holidays (Passover, Easter, and Ramadan) during the COVID-19 Pandemic” (Links to an external site.)](https://chaplaincyinnovation.org/resources/ebook-resources-religious-holidays)

Carrie Doehring has made a video on **Religious, spiritual, and moral stress of religious leaders in a time of pandemic: Spiritual self-care,** which is part of a Luce-funded collaborative project on​ ​theological dimensions of life in the pandemic​ lead by Professor Zachary Moon (a JDP alum) at Chicago Theological Seminary.​ The content​ ​will be published in two ways: this recorded “guest lecture” running 45-60 minutes and as a written book chapter. The​ ​recorded videos ​are being​ made widely available ​on this website: [https://doingtheologyinpandemics.org/ (Links to an external site.)](https://doingtheologyinpandemics.org/)

**Do a five-finger meditation From** Tara Parker-Pope, a New York Times journalist who writes on health:This is aneasy way to calm yourself, no matter where you are. Start by holding your hand in front of you, fingers spread. Using your index finger on the other hand, start tracing the outline of your hand. Trace up your pinkie, and down. Trace up your ring finger and down. As you do this, breathe in as you trace up, and out as you trace down. Continue finger by finger until you’ve traced your entire hand. Now reverse the process and trace from your thumb back to your pinkie, making sure to inhale as you trace up, and exhale as you trace down. You can find more tips for beating stress in my story, “[Peak Anxiety? Here Are 10 Ways to Calm Down.” (Links to an external site.)](https://www.nytimes.com/2020/11/02/well/mind/election-anxiety-stress-relief-calm.html)

**Sleep.**Dr. Jeffrey Iliff (no relation that I know of!) in this interesting TED talk reports on his research into what he's calling the "glyphatic system." He describes how the mammalian brain clears metabolic waste products from the brain. Importantly, this happens only during sleep. His <12 min TED talk can be found here: [https://www.ted.com/talks/jeff\_iliff\_one\_more\_reason\_to\_get\_a\_good\_night\_s\_sleep?language=en  (Links to an external site.)](https://www.ted.com/talks/jeff_iliff_one_more_reason_to_get_a_good_night_s_sleep?language=en)[entered by J. O'Neal 1/10/21]

The benefits and challenges of making new habits (like adding a spiritual practice to our lives): How the science of habits can help us keep our New Year’s resolutions, with Wendy Wood, PhD: [Podcast  (Links to an external site.)](https://www.apa.org/research/action/speaking-of-psychology/behavioral-habits)posted by Carrie Doehring

**Resmaa Menakem's settling practices**

Description: “Learning to settle your body and practicing wise and compassionate self-care are not about reducing stress; they’re increasing your ability to manage stress, as well as creating more room for your nervous system to find coherence and flow.” (Menakem, 2017, p. 153) (2017). Chapter 11 of Menakem (2017) describes settling practices. An interview with Menakem can be found here: [https://livingexperiment.com/trauma-1/ (Links to an external site.) (Links to an external site.)](https://livingexperiment.com/trauma-1/)  This website includes this description of a settling practice: You can do this exercise sitting or standing, but if you are standing, put a little slack in your knees. Start by breathing naturally, and notice what is accepting the breath and what wants to push against it. What’s happening in the body? Then turn your neck to look behind you and notice without judgment if anything shifts. Does anything settle, drop or activate? Turn your neck to look over the other shoulder and notice again if anything shifts. Bring your neck back to neutral, and look for the room’s exits. Look up, then down, and straight ahead. Notice if the experience now is different than when you started. If any part of your body wants to move allow it to do so, using your hands to give it support. Notice the texture of that energy — is it about protection, or something else? Continue to breathe, and slow your breath. Slowly open your eyes, take a deep breath in and hold it for a pause, then let it go with a sigh. Repeat the deep breath two more times. Note that this practice may or may not have a dramatic impact the first time you complete it, but as it’s repeated, it can bring up all sorts of thoughts, feelings, and bodily reactions. Stay on the lookout for your system’s responses.

I have been doing 'square' breathing to the rhythm of choral music that I listen to. It's a little hard to get the hang of it. Here is my description: With your eyes closed, inhale through your nostrils to the count of four while visualizing drawing one side of a square. Hold for four seconds while drawing the second side. Exhale to the count of four, expelling all of the air in your lungs, while visualizing drawing the third side of the square. Rest without breathing to the count of four, while visualizing drawing the fourth side of the square. When I first started using this practice, I found it helpful to “draw” the box with head movements. I lifted my head up in increments while counting to four, then moved my head horizontally, then down to the count of four, and so on.  The practice concentrates attention on the sensation of breathing. I sometimes do box breathing with my eyes closed while listening to music that is personally meaningful. I adjust the timing of my box breathing to the tempo of the music. Here is the video piece of music I have been using for this practice for the past several days: <https://www.cpr.org/2020/07/20/eric-whitacres-virtual-choir-with-17572-singers-is-epic-undertaking/>

Keep in mind that building habits related to getting enough sleep, healthy eating and exercise will be foundation for building habits that enhance spiritual self-care: