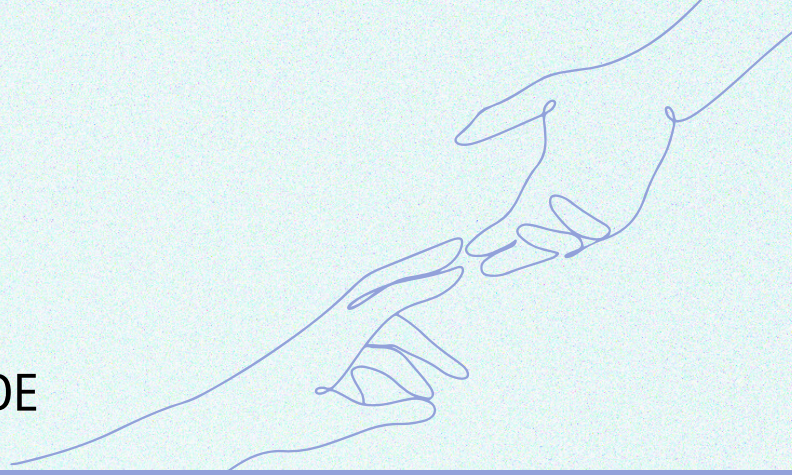


FOOD FOR THOUGHT:

A PUBLIC SAFETY REFLECTION GUIDE



As we gather with loved ones to enjoy moments of unity and gratitude, we have opportunities to engage in meaningful conversations.

This includes talking about what we're seeing and experiencing in our communities and what we envision for our families and each other.

We have a right to feel safe in the communities where we live, work, and play.

But the lack of affordable housing and healthcare means that many Oregon families go without mental health and addiction services, stable homes, and access to quality food.

Even as people suffer, some elected leaders want to “solve” homelessness and addiction by reverting back to inhumane policies that arrest people. We must build a better system with real solutions. More housing, more healthcare, and more healing is what we need and deserve to be healthy, safe, and thrive.

Do not feel obligated to engage in deep conversation with loved ones this season, but here are some things to keep in mind if challenging or intense conversations arise:

- ☆ Listen to understand, not to respond
- ☆ Demonstrate respect for other perspectives and values
- ☆ Connect over common ground and shared values
- ☆ Ask about their experiences with the issue, or if they know or love someone who has been impacted by the issue you're discussing. Share your experiences (if you feel comfortable)
- ☆ It is okay to not know all of the answers
- ☆ Do not expect to change minds. Just sharing your perspectives can make meaningful shifts in future conversations

As a reminder — There IS a difference between disagreements on policy and offensive or damaging speech. Set boundaries and remove yourself from harmful conversations as needed.



*An invitation to practice
manifesting the world you dream
for yourself, your kin,
your people —*



Sit or stand comfortably and take deep breaths to center yourself with your eyes closed if you feel safe in the space.

Imagine a world where we all have the right to feel safe in the communities we live, work, and play; where there is no fear or scarcity.

Imagine a world where there is an abundance of care and resources for all to flourish and thrive, and live their best lives beyond grinding and surviving.

Imagine a world where we can tend to our wounds, where we can radiate warmth, safety, and compassion into practice.



What does the world look like?

What does it feel like?

What does it look like?

What does it taste like?

What does it sound like?

When you're ready, exhale and release your body's tensions, reservations, and stress. Gather the ease of stillness with each breath and welcome the body and mind to the present moment.

Thank you.

We are grateful for the compassion, warmth and energy that you bring to our Oregon communities.

Please care for yourself and find ways to decompress.

