

# **We Need Social Media Distancing! Reducing the flow of info.**

**A helpful guide to reducing the  
intensity after an emergency.**



meztli projects (operating out of Tongva land)

# **The High/Adrenaline Rush**

As folks who survived the '90s in Los Angeles, an era that included the '92 Uprising, Earthquakes, and Gang Wars, we recognize the body language, mannerisms, and verbiage that comes from experiencing something traumatic. We've seen this in other places as well, such as Standing Rock, and The Other Campaign in Mexico.

Our bodies kick into survival mode due to the intensity of the moment. Sadly, because of the extended duration of moments such as these, our bodies can become addicted to this feeling, this adrenaline rush, and the bonding some folks are experiencing with others.

It's important to be able to lower the intensity of these moments by finding ways to recenter ourselves. Do not stay in that high!  
Also, DO NOT TRAUMA BOND.



# Trauma Bonding

Wikipedia: **Traumatic bonding** occurs as the result of ongoing cycles of abuse in which the intermittent reinforcement of reward and punishment creates powerful emotional bonds that are resistant to change.

Patrick Carnes developed the term to describe "the misuse of fear, excitement, sexual feelings, and sexual physiology to entangle another person." A simpler and more encompassing definition is that traumatic bonding is: "a strong emotional attachment between an abused person and his or her abuser (**in this case, the state**), formed as a result of the cycle of violence."

Although this definition is for interpersonal romantic relationships, trauma bonding can take place between people, formed because of negative circumstances, binding them together due to shared experiences.



## Helpful Tips To Social Media Distancing

We hope the following tips can help alleviate some of the stress of heightened awareness, and intensity brought on by how we respond to emergencies, especially post such an event.

- Manage the flow information. We know its important to stay updated as new information such as closures and other notices are in constant flux, but this can be harmful. Develop a pod (see next slide) and assign yourselves a schedule to monitor information.
- Unplug from social media when you are not assigned to monitor information.
- Only update each other when the information is vital. At times like this, every bit of information can feel vital but we have to **learn to distinguish between URGENT info and “this can wait” info.**



## Pod Mapping

One of the most reaffirming things you can do at this time is to create a pod map (see link below). Take this pod mapping exercise further by adding the following to your map.

- map your skill sets (who does what, who knows what, ex: CPR, Mechanic)
- map your resources (who has what such as tools, who has an excess of something like fruit trees, who needs something, who has a reliable car)
- map your neighborhood - what stores have what, what fruit trees/gardens are in your area, can you trade with others, etc.

Link to document: **[bit.ly/pod\\_map](https://bit.ly/pod_map)**

Pod Mapping for Mutual Aid (3/9/2020)

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## Identifying Entanglements

After intense moments such as violence (we consider the inadequate response by officials as violent), it is important to talk through our experience with impartial people and if possible trained individuals. Don't try and be a savior! Below are some links to folks in Tovangaar (Los Angeles).

Some things to consider:

- How do I define an emergency?
- Why does the scarcity of resources trigger me?
- Why do I feel the need to be on the frontline?
- Am I acting out of fear?

- Indigenous Circle of Wellness, [icowellness.com](http://icowellness.com)
- Olivia Perez Bierer, [spiritualhealer.la](http://spiritualhealer.la)
- Corazon Counseling, [corazoncounseling.com](http://corazoncounseling.com)

Herbal Guide to Collective Protection and Healing During COVID-19

By Standing Rock Seed Exchange & Gardening - Link: [bit.ly/herbal\\_resilience](https://bit.ly/herbal_resilience)

