



Transcript

Speaker 1: Shakthi Board Member

We do not give enough attention to overcoming trauma, especially in our South Asian communities. Trauma can be defined in various ways, but many individuals define it as exposure to an incident or series of events that are emotionally disturbing or life threatening with lasting adverse effects on the individuals functioning and mental, physical, social and emotional. For spiritual well-being. On a personal note, in my post dementia caregiving journey, I realized that I've been grappling with trauma and continue to do so for several years. I was a caregiver to my mom, and as her daughter, I witnessed my mom's cognitive condition deteriorate. Today I am seeking counseling for my grief journey as well as combating anxiety. As a community, it is essential that we seek guidance and share resources to help one another, and this is the purpose of Shakthi's empowerment series. This evening, we have a dynamic and diverse panel who will share their distinct stories as to how they have overcome trauma personally, as well as the resources they used, and from this personal experience, how they've been motivated to share their resources and experiences within our Central Florida community. Our moderator for this evening is Shakthi's, very own Jami Jackson. Our panelists are Arvinder Sodhi. Arvi is the founder of a nonprofit called with Gratis. This nonprofit is dedicated to providing accessible resources, information and awareness about mental health there. Her team is dedicated to helping individuals on a journey towards whole body's well-being as well. Our second panelist is Lin Mary Green. She is a writer, advocate, Blogger, and public speaker residing in Orlando, FL. She is a community advocate with a background in criminal justice, public administration, crisis intervention, and crisis counseling. Her book, *Enough with the Secrets Mama* is an immigrant women's story of overcoming failure, equipping women with the skills needed to enjoy a fruitful life free of maternal heartache.

Please keep an eye on the chat as I will share the links for our vendors nonprofit as well as Lynn Mary's website and her book, as well as some information on Shakthi. Momentarily, we'll launch our 45-minute interactive panel discussion and take questions. The last 15 minutes. Thank you again for taking time out of your busy schedule this evening and we look forward to sharing some powerful information with you. And now I'll pass it on to Jami, who will moderate our event.

Speaker 2: Moderator

Thank you, Usha. I appreciate that. For those of you that are new to Shakthi, the mission of Shakthi is to create a supportive environment for survivors of domestic and intimate partner abuse with a focus on the South Asian community. By recognizing the unique



cultural circumstances of the South Asian community and providing culturally sensitive resource, we forge empowerment and assist survivors, children and their families to develop independent, healthy violence free lives. Shakti is good at offering education, resources and support aimed at preventing and breaking the cycle of domestic violence. I have supported the organization for several years and I've gotten more involved this recent year as a grant writer and researcher, and the goal is really the more grants we can win, the more people we can help. I'm an ally for Shakti and I firmly believe in what they're doing. Domestic violence, intimate partner violence and trauma to really seem to go hand in hand. So knowing that trauma is someone's response to an event that they find stressful. I think we want to hear from Lynn, if you don't mind, we'll get started with you about sort of your trauma experience and connecting the dots for us on where you're at today.

Speaker 3: Lin Green

Yes, yes, thank you. It is a truly a pleasure to be here with you all today. I am honored to be able to speak on this topic, which I am all too familiar with, not just by personal experience, but also by professional experience. I see the way it's affected our community and can speak to the way it's affected me personally and my family as. Well I am a child survivor of domestic violence. My mother experienced domestic violence in in her relationship with my father and was able to remove herself from that situation. In addition to that, just growing into my childhood and into my adulthood, I experienced some additional incidents of trauma. Primarily the one that has affected me, I would say for the long term has been being a child survivor because of the effect that it's had on my life. Just knowing how the relationship with my mother was conflicted as a result of what she went through. But in addition to that, I also suffered some child molestation and into my adulthood and even adolescence, some dating violence related incidents. I speak to all of those incidents and my experiences with those within my book, but it really did truly affect the way I carried on within my life. It really allowed me as well to see the many ways that I needed to be strong, albeit maybe not having all the resources that I could have. So I have been led into the field of law enforcement in order to advocate for victims of domestic violence, sexual assault and other traumatic incidents, and use my personal experience as a driving force to assist all women and men who've experienced difficulties in these areas.

Speaker 2: Moderator

Thank you so much, Lin. We appreciate that. Before I forget to mention, we will have the time for questions at the end for those who might want to remain anonymous, and you can put the question in chat and then we can announce that our speakers or we can certainly open up for dialogue. Thank you very much. So Arvinder, if you would please give us some time as to your story with trauma?



Speaker 4: Arvinder (Arvi) Sodhi

Yes, absolutely. Thank you everybody for joining this evening and thank you to Shakthi for the opportunity to share the story. I think the biggest question that I was faced with when asking others to share their story with the work that I'm doing with the nonprofit organization was, "We don't want to talk about it. We don't want to share our story. We don't want to open up what's going on inside of our homes". And I remember 1 particular time, I was saying to somebody, you know, this could save somebody's life. And I realized I didn't say it out loud. I was saying it in my mind. The stories that people have shared with me are deep. And I realized that it's hard for people to share their stories. And in order to encourage people to share their story, I have to share my story. And so thank you to Shakthi. Thank you for the opportunity for being here. My trauma is revolved around medical issues. So as a younger version of myself, I overcame an accident which left me thinking about what will life be if I don't have the mobility of my body, if I don't have my arms, if I don't have my legs, what will life be in that situation? So I woke up after a 30 plus hour surgery after an accident, and found myself unable to move. So my story is about overcoming that and how to in our Indian community. I'm Punjabi. How we did not share with our community what was going on with me and how that left me. That's basically what my story is a little bit about, we have some dialogue that I'm interested to get into this evening with everybody, but that's just a basic introduction.

Speaker 2: Moderator

Thank you so much. So Lin, if we could talk about some of the cultural sensitivities that you experienced pertaining to trauma?

Speaker 3: Lin Green

Yes, definitely. So I'll speak to where I'm from. Originally. I was born in Puerto Rico at a time where many Dominican Republic residents found that that was the quickest and easiest way to become a U.S. citizen because in the United States of America is where all the opportunity was. It was the land of freedom and opportunity that we were all seeking at the time. So I was born in Puerto Rico, but traveled from Puerto Rico to the Dominican Republic before officially ending up here in the United States. So as my family migrated, certainly there were some obstacles, some things that we had to learn to adjust to within that transition, but overall, the cultural influence was strong. Those of us who are who have a culture outside of the American culture understand that our primary culture, that which we are born into, is the strongest. That is what holds the most weight. That is how we are bred. That is what we live and breathe. And so within our culture, there was and has been, and is still today a culture of 'you don't speak what happens in the home, outside of the home'. Whatever happens within these four walls or within closed doors pretty much remains



there. And so it pretty much developed within me and my family the understanding that any difficulties that we faced as a family were to be handled inside the home. Culturally, I think that was the thing that crippled my emotional growth the most, especially as a child. Also, the understanding that you basically do as your parents say. I think we were all kind of born into that understanding. You know, “You do as I say, and you are seen and not heard” was another cultural influence that was pretty much also patterned into that same belief of you don't speak or say anything, so you're pretty much born into and grow into this environment that is pretty much solidly set on silence. And I think that is, if anything, the biggest hurdle that that we have to overcome as a culture.

Speaker 2: Moderator

I think Shakti is here to sort of start that conversation or continue the conversation. By actively listening to survivors and helping them and trusting their story, so I'm curious at what point in your journey did you sort of come to the other side of that trauma?

Speaker 3: Lin Green

Yeah. Certainly as I grew into my adulthood, I started to realize that there are things that that I was feeling and experiencing that I was starting to notice were really a matter of the way I was brought up, that if I wanted to grow and expand my own personal development, even with the struggles that I was having within my relationships, within my dating relationships, even with friends. You develop a certain way of being that you realize that the core is because of the way in which you were raised in the environment in which you were born into. So once you start to acknowledge that there's a difference in the way that it really does affect the way you see yourself, and in turn, makes you really analyze and make some of those changes.

Speaker 2: Moderator

Silence. Not wanting, not wanting to talk about it and developing a certain way of being because it's so ingrained in you with your culture. So can you tell us today how you've used that experience that you've had, which sounds like it, it really showed up in many different milestones of your life and how you work with the community today?

Speaker 3: Lin Green

Yes. So I've often told this and I'll retell it again if those of you have not watched or probably haven't watched any of my podcast interviews, which is amazing because I can tell this story again. But I pretty much for some divine purpose, I became in love with helping others. As far as I can remember, I wanted to serve. I wanted to serve other people. I was a helper. I wanted to do anything I could to help others and so as early as middle school within the, you know, my adolescence, I was determined that I was going to work with



troubled kids, you know, at the time. And that's what I put in my middle school journal. I wanted to work with troubled kids. As divine intervention would have it, I ended up working with kids in the Department of Juvenile Justice. My purpose, I think my passion and my driving force for wanting to work with those kids was because I felt like in some ways I could relate, and I was one of those kids. And those kids all came from backgrounds where traumatic things had happened, where I could very easily have been one of those kids. I could have been the kid who just didn't know what to do with all those emotions having been witnessed to my mother's difficulties, to her pain. Having been witnessed to her silence, to her distance, to her rejection and sometimes having been witnessed to my own trauma as having been molested a couple times by people living in my household and not in my household, but within my family. And I knew that working with these children was going to be a very purpose driven focus for me. I wanted to give back in that way. That led to me ultimately transitioning over to becoming an advocate for the community. And through my advocacy work, I am, as faith would have it, the only law enforcement domestic violence advocate for Seminole County. So through my advocacy work in this county, as you can imagine, I see a lot of women in the same position that my mother was in. I see a lot of children who are, you know, children to those women who are experiencing the same things that maybe I experienced in those in my years and also seeing a lot of sexual assault survivors who are experiencing a lot of the difficulties, some of which are married and whose husbands are the perpetrators. So there's just so much of a connection that I have personally to a lot of the people that I help within the community. And I feel like there really was no other path for me than to be in this very place, helping the community in the role that I am. In addition to that, I felt like I needed to reach out outside of my community for other victims and people struggling not just with domestic violence, sexual assault and other traumatic incidents, but people who are struggling on a regular basis with with the smallest of things, with the stresses of life, some of which can be aggravated by those incidents as well. And that's how I developed my inspirational lifestyle platform. It's a lifestyle which is an inspirational blog in hopes that people can turn to it and read something that would inspire them and help them in their most trying times.

Speaker 2: Moderator

I totally appreciate that in your journey you were even helping people before you even realized, maybe that you were in the same shoes, which is truly remarkable. And the community, we appreciate you and more people like you and Arvinder helping us out. I'm curious to know the resources that are available to people. What are a few that come to mind that are important, just like people should know about, they should be aware.



Speaker 3: Lin Green

Yes. And so there are tons and tons of resources and I think it's very difficult for people in difficult circumstances to even consider that there's someone out there that can help them because it is such an isolating experience that you imagine and sometimes are told by your own, the people who are perpetrators to this violence, that there is no one out there that can help you, that you are alone when in fact that can be the furthest from the truth. You are not alone through this process, government agencies such as your local Sheriff's Office, your local police departments have tons of resources and people they can connect you to, and in ways that you wouldn't even imagine, there is assistance to help you relocate if you felt like you absolutely needed to do that. There are ways we can do that and help initiate that process for you. Besides a lot of the counseling and support that you can get through outreach agencies, there's a number of different resources, if you would only reach out. I think that's what the biggest step is, is just knowing that you don't necessarily have to solidify anything as a plan that you are officially removing yourself cause I know this can be a very scary thought. But just knowing that if you can just talk to somebody and understand what is possible, maybe that can initiate somewhat of a safety plan for you in the event that you needed to seek that out.

Speaker 2: Moderator

So I appreciate that community like recognizing the signs of trauma. Like within our community, so we can create that safe and supportive environment. So whereas your journey sounded like it, it evolved overtime, Arvinder you mentioned your medical issues and how maybe some sort of things changed for you almost overnight due to the accident? So if you could walk us through a little bit more of the detail of your trauma story.

Speaker 4: Arvinder (Arvi) Sodhi

Yes, absolutely. So I think I'm going to the queue with Anu to make sure that we go over the slides together. So the first, the first slide that you that, sorry, slide #2. When that comes up, I'll kind of guide you towards that. This is something that we grew up with, "Man Jeetai Jag Jeet". That's "Conquer your mind, and you shall conquer the world." So I come from a family who has strong faith that wherever we are, it's for a reason and everything that happens is for a reason. However, as a young child and sorry, I shouldn't say, young child, I was a teenager. When I had my accident and it started without me, with me, just going out to have a good time and I ended up. I ended up having the accident which meant extensive heart surgery and a month-long coma where I completely didn't know where I was basically until I woke up. And when I woke up I realized that I'm basically paralyzed. I've had a aortic rupture rupture almost, and that has been repaired. And a lot of things are going on in my body and the people that are around me are my are my family, my mom, my dad and my



sister. So. I would say that our community and what it teaches us is to be resilient, to be overcoming, but when the time comes to do that, it is, is it, it is really tough because we don't want to share with other people. We don't want to talk about these things. We don't want to tell anybody because we don't know what's going to come of it. As a daughter of the house, we're anticipated that, you know, we're going to get married, we're going to raise a family. We're going to achieve, you know, in academics have a business career. So what's going to happen? And when the family is dealing with the issues, we chose not to rely on our community. And that is how it shaped me and it shaped me until very recently when I when I was encouraged to talk so that other people can talk. So after the after the health scare, I'll ask you to go to the third slide. After the accident when it happened and I woke up from my coma. And I found myself in that position. You can either go down or you can go up. I chose to use hope. And I chose to use laughter to get through the pain that I was in. So at that moment, when nothing is moving, nothing is working. My family and I decided to to laugh over a few things. When we had people coming in through the hospital rooms and people, you know, in, in the hospital room, you have somebody who's changing the bed sheet, somebody who's wiping the floor, somebody who's looking at the IV, somebody who's looking at the machine. That's where gratitude came in. Because all I could do at that moment was say thanks to everybody that was coming in. So. I can I can pinpoint certain times where I felt like, oh, I'm just doing what I know. And as I got older, I realized, OK, I'm actually using a system. And that system has helped me to get over the trauma that I faced at as a young child. And as I'm facing as I grow older through my challenges. So if we go to #4. Slide #4, yes. So these are just, these are the main points, right. Finding yourself and to have a positive mindset, finding the humor in the journey, celebrating the small victories and visualizing a bright future. I can say that when you are extremely tired of doing anything. And when you find yourself in a situation that is taking over your life. And these are the topics that are so sensitive in our community. My experience happens to be, you know, through an accident, but it's the same way. It's the same tools to use when we're overcoming any trauma, any spectrum of the trauma. So having that positive mindset when you're in a stuck situation is is very hard. But there is a way that you can channel your mind and say even in the most paralyzing of situations, where can I envision myself? How can I see myself and find the positivity to encourage yourself to do that? For example, in my story, when I found myself not to be able to move, the doctors when they came in, you know, several times a day and every day I would joke with them that, you know, my, my, my toes are moving. My feet are moving, my legs are moving. And I would say, you know, go ahead, lift the covers and check. And they entertained me. They lifted the covers at my feet and they checked and obviously nothing was moving. But I was hopeful. I was looking towards the future. I was thinking, I'm going to move one day. So I continue to move my feet, internally in my mind, continue to move my limbs, continue to move my arms. And one day, as I made that joke, as they came in, I said go ahead, lift the covers, they're moving.



And my toe was moving and they decided to do the physiotherapy to continue the movement. So throughout that throughout that experience, we laughed. We celebrated the victories. We celebrated ok, there's some movement coming back, you know, let's go back and do some tests, all of the things that needed to be done at that time to see what can the body do in order to continue this progress. And we celebrated. We celebrated every bit of the way. If we can go to slide #5. Each of our lives have a purpose. And it's meant to be enjoyed as well. I refuse that we are here on this planet to be suffering. I think we're here to enjoy. We're here to connect. We're here to uplift each other. And so that's why I do what I'm doing. We were talking about the cultural sensitivities, we could go to slide #6. The experiences that I've had in our stories that we share at Temple and through our studies of the scripture when we're younger, show us how strong and how mighty and how powerful everybody the ancestors have been. For them to have done what they did so that we can have our freedom and our life today. And when we're talking about trying to hone into some kind of power that we're pulling from ancestors and you're trying to overcome your own challenge at the same time, it felt very, very difficult to me. But I think that because our community does not like to share and does not like to help each other when sometimes things are touchy and icky that that's where that resilience sometimes comes from. Something that I would share now is that we can help each other. We can get through things together, but there is a huge stigma in our community when it comes to these kinds of topics. So my, my work, my job, my speaking with people is always to try to remove that stigma. Try to reduce it. Try to encourage them that you're not alone. We are here. There are safe people out there that we can communicate to and get you out of it. And at the end of the day, your own health and happiness is the most important. So. There's a concept called Java Kala that I was raised with and if anybody is Sikh or Punjabi they will understand that it is a term that is frequently used in our daily practice. So that helped me maintain optimism, to continue to be strong in all circumstances and to kind of transcend like, let go of the cultural stigmas and the expectations around the trauma. And to embrace my own emotional and physical resiliency. We can go to #7. I have another quote that when times are when times are tough, when you feel that all the doors are closed for me and in my face there's one door to embrace and that means to go to your higher power to ask for help. And then you'll find the answers, you'll find guidance. So I think I have some. I know you asked about some resources...there are, there are plenty, plenty, plenty of resources out there in the community. You could do a Google search and you can just come up with all the resources that you need for any physical and medical attention. But I think the biggest resources that I have found for myself have come from my faith and my spiritual resources to go back to our scriptures. Those scriptures speak to you.

And when you're seeking help, when you're seeking some kind of guidance, they do, they do speak to you and you find what you need in them. So whatever the whatever the practice



may be, whatever faith you may practice, just go back to them and find those resources so that you can kind of find your calling. And and get out of the circumstances. As far as community, there is community support. If you are belonging to any faith, there is always some kind of website that refers to services that are available for those people. There are a number of therapists I have on my Facebook, a collection of 'with Gratis' Facebook. A collection of people who have spoken to me personally and said yes, we will help in the in any circumstance. Whoever you send our way, we will help. And so when I speak with providers, they speak and they say you know what? If there is somebody who is going through a situation send, send them our way and we will handle it. So it's a very, very personalized care. The other thing that I would want to say before moving on is that practicing your self-care is very important. Setting the boundary/boundaries when you're going through something is very important and it's so hard to do because that's a learnt behavior. But the boundaries and the self-care practice, they are crucial for maintaining the resiliency. Thank you, Jami.

Speaker 2: Moderator

Thank you. Thank you. So we appreciate you bringing up from what is quite obvious in the South Asian culture and that is trauma is often perceived through that lens of silence or maybe even a stigma. And then, like mental health issues including trauma, which is sort of does all roll up together, it may be viewed as like a personal weakness or of shame. So what can we do to help those individuals? Whether it's me personally, trying to take that next step or I have somebody, you know, a very close friend or family member and I sense that's where they need to go next. Like what? What does that look like when it feels so, I guess contradictory to our culture.

Speaker 4: Arvinder (Arvi) Sodhi

Yeah. When, when things are feeling that they go against the culture, you can feel it inside your stomach or you can feel it in a certain part of your body that you feel like, ohh, I'm making a choice that I have been taught is maybe not the right choice. Knowing your body, and knowing when something feels right and not right is very important, and those those feelings that you get and you respond to them, help guide you. And you realize, OK, well, this is something that I'm doing just to satisfy a cultural norm or something that is a man made, right? It's not something that suits me. And I tell you these stories that women share amongst each other helps the community get stronger, because even in hush hush, the stories are helping them. I encourage them, you know, share with other people. It invites you to create a community and kind of empower each other. Even if it's done within small groups. Having kind of a, I guess to answer your question is, when we talk about a sport and a tennis player or a or a football player is practicing doing the activity over and over again. They know that even with their eyes closed, they can you know, make that score or they can



have that movement, that muscle memory is there. And for us, when going through something, if you continue practicing your boundaries, continue doing your self-care, that becomes the muscle memory. That becomes something that you get used to and when it's not happening, you know, okay, you're not doing something that suits you and then you see the difference. This is something that's culture versus something that I need. And when you're stuck between what I need and what the culture is saying, then I is stronger and we have to make that stronger.

Speaker 2: Moderator

Arvi, thank you for that inspiration. Lin, I think another topic that falls within trauma is as we go through our own healing of trauma, we are also responsible for supporting others like direct family members, oftentimes children and things like that. So. Have you been able to juggle the two and what does that look like?

Speaker 3: Lin Green

Yes. Well, I can definitely relate to Usha in some of the struggles that she shared just in caregiving, because that is literally where where I am right now. But I can speak to the fact that even as a child, I felt a sense of responsibility to my mother's happiness because of the many things that were going on. And it was this sense of belief that I was responsible in some way for whatever I could do as a child to to help her to improve her life, that developed a lot of things within me that I struggled in. Yeah, I would say even today there are moments where I have to recalibrate and bring myself back because we will have the triggers. Healing is a lifelong process. Yes. And I think the important thing is just as Arvinder mentioned, is having an understanding of those moments where we know that we need to take a step back and the best way to do that is to be able to observe ourselves and our own behaviors and the best way to do that is to be able to spend some time in stillness. And really get to know ourselves. What things are upsetting us? What can we do to improve the way that we live life on a day-to-day basis? And so it was a lot of that people pleasing behavior that I developed as a child that led to a lot of struggles that I had into my adolescence and adulthood that led to a lot of those feelings of anxiety, those feelings of worthlessness. That I struggled oftentimes where even if I was doing the very best, perfection was my focus, right? And we know that if we we really dive too much into perfection, how deteriorating that can be to us as a person because we're not perfect. No one is. There's no way that anyone can expect perfection from us. But I think we instill that upon ourselves based on the experiences we have had and the traumas that we've experienced. So that said. Even with all the healing that I've done and the amazing development and growth that I have had within my relationship with my mother, moving her closer to me reawakens a lot of those feelings of people pleasing. And now again, I felt responsible for her happiness and for her well-being. Certainly in a different way now as



she is growing older, you know, I feel it's my responsibility as her child to look after her. Right? Cause that's what we're supposed to do as children look after our parents as they start aging. But it's knowing even then when to set the boundaries, and I think that's what's important through that process.

Speaker 2: Moderator

I can relate in the perspective that I'll call myself a sandwich caregiver and the fact that I'm raising a son who's in middle school and I'm caring for an elderly parent. Those two ends of the spectrum can sometimes be quite overwhelming and I want to do the parenting thing right, whatever that looks like, to the best of my ability. But then I also have all of these you know, triggers and tapes about doing being there for the family, putting them first, doing whatever they need to do regardless of like the cost to us. And I think about like when you go to fly on an airplane, if you have a child with you, it's obvious you're a caregiver for a child. That even though they go through the warnings on the airplane, they stop and they say to you, your oxygen mask goes on 1st, then the child. And when I first heard that, I was like, that seems so obvious, right? But I don't think so because I think it's so easy for us to want to help everybody else first, and then ourselves last, and then it sort of defeats the purpose right?

Speaker 3: Lin Green

Absolutely.

Speaker 2: Moderator

So what? What do you think are maybe some signs that we could look for in people who may be in that situation where they haven't asked for help, but they need help?

Speaker 3: Lin Green

Yes. Some signs. You know, and and I talked about this, I think it was last week when we were talking about self-care and burnout prevention and in one of my groups. There are so many physical symptoms that we get that we ignore, and we chalk it up to stress. Everything is stress, right, and it very well could be because I mean, everything could pretty much be a stress to them at this point. But I think we need to be very weary of the way that we are handling our physical symptoms. The way that we are ignoring the emotional symptoms. A lot of that, even the sleeping, the fatigue, the depression that often goes unrecognized because we just think ohh we're just going and going and going. I'm just tired. I'm just tired, you know. Very easily we can convince ourselves that our issues are something else, when in actuality, we're really just a little afraid to consider what the core issue could really be. And so I think it's really important to really look deep inside. And consider those things that you're feeling, that heaviness that you're experiencing. Notice,



when do those things happen? Are they heightened more certain times of the day? Are they more heightened when certain people are around you? You start taking notes, you know, we talk a lot about being our own advocates. But start taking notes for yourself. We'll take notes for everybody else. We'll take notes in a staff meeting. We'll take notes at school. But why aren't we really take paying attention to ourselves and taking notes of the things that just don't feel right. And you know, I will be honest sometimes when you're deep in that and you're experiencing those symptoms so often and for so long, it kind of almost becomes kind of like just the way you are, and that's where the danger comes. That's where it's it's dangerous to consider that these things that have been happening for so long are just a normal part of living, when in actuality they could be a sign of something more serious going on with you.

Speaker 2: Moderator

Like the new normal has changed, yeah.

Speaker 3: Lin Green

Absolutely. Yes.

Speaker 2: Moderator

I don't want to forget to honor questions that we have from our participants today, so whether someone would like to ask the question directly or via chat, we promise to save time for that. So I want to just give that a minute to see if anybody has a question?

Speaker 4: Arvinder (Arvi) Sodhi

In the meantime, if you go to slide #12 on the deck, speaking about when something is not feeling right inside of you, P-A-I-N can also mean to pause. To assess what's going on. To inquire and then to nurture it. P-A-I-N to me also means pay attention inside now. So take it, take it seriously. If something does not feel good, take that seriously. And that was slide #12.

Speaker 2: Moderator

Yes, that's a great acronym, something that we can take with us. And I do appreciate both of you really encouraging us for that self-awareness because I feel like you said, whether we're caring for an elderly parent for some medical issue, you know, we would be documenting everything and I mean, I remember making spreadsheets and things for my dad's medicine, and when he got paralyzed, like I just, it was exhaustive. I think if my son starts, you know, complaining of something, I'll be like, oh, let's take note of that. Let's take note of that. But I feel like you're giving us the permission to sort of pause, assess, inquire, and then nurture like what goes on inside. And I know some people feel stressed about



generational issues, like when they're having multi generational family living near or with them, and the different attitudes that come from that, I know that can be a cultural issue...I guess a little bit of an issue that we have to overcome. I do want to...we did get a question that says “Where does someone start when they're experiencing these things?”.

Speaker 3: Lin Green

Arvi, did you want to? Do you want to get that?

Speaker 4: Arvinder (Arvi) Sodhi

Yeah, we can. I would say the first thing is to accept. So when you are experiencing any of the symptoms that are causing some discomfort or if you realize that you're in a situation that needs some immediate help, or if you are seeing somebody that's going through something. The first thing is to accept and really look at it from, you know, trying to remove yourself from the picture and say, OK, this, this is a situation that we need to address. Oftentimes I tell ladies, what would you do if this was a friend? How would you help your friend out of it? The same way that you would help a friend out of it, the same way that you would help a friend get some support, get some resources, do that for yourself. If you are experiencing any of the signs, then as quickly as possible, figure out where it's coming from and stop that source. That question is vague, so I don't know where to go with it, but those are immediately what come to mind for me.

Speaker 3: Lin Green

Yeah. And I would say if you're having physical symptoms, you know, one of the things that I have noticed is if you are given a questionnaire. Doesn't matter whether you're going to the courthouse or whether you're going to your doctor or to a center for counseling wherever. If someone gives you a questionnaire and they start asking you all these questions. That's usually when you are most likely to say, Oh my goodness, yes, there's a problem here. Sometimes you can, just about everything nowadays you can Google. But I would encourage you if you're having physical symptoms, to go to your doctor and say, doctor, I'm experiencing these things. And oftentimes they can help guide you to that answer. If there are concerns for your physical well-being, that's always where I would start, because a lot of times there's just so many things that could be the cause of physical ailments. You just never know. But I'll say I'll tell a little a little story or a little anecdote that someone had mentioned recently was that she was experiencing these physical symptoms, and she thought it was actually something in relation to a pain that she was having in her arm. She goes to the doctor. Doctor gives her an evaluation. She's answering all these questions and comes to find out she was actually depressed. She was depressed and it wasn't until she started to really look into that court issue that all of a sudden, her pain was gone in her arm and she didn't even realize it. The pain was gone. I definitely would start there if you have



physical ailments for sure, but seek out like Arvi said, you know, even any friends you might want to say, even if you don't want to go as far as going to the doctor say hey, you know, do you notice something a little different about me? You know someone that you can be open with, and maybe that can help get you in the right direction as the next steps to take.

Speaker 2: Moderator

Karuna, you have a question I believe.

Speaker 5: Karuna

Yes, I have a question for you both. I do get calls just because I am the one who takes all the calls for Shakti, and I have seen people saying, OK, my spouse is really good, everything is good about it. Just one thing which I think is making them depressed or it could be an emotional abuse. Most of the time it's emotional or mental abuse. How do you make that victim realize No, it is not all the good things that you're looking at in your spouse, but it is that one thing that is taking away the happiness from your life which is affecting your life big time. How do you make them realize that?

Speaker 3: Lin Green

Yeah, I guess I'll start and then then Arvi you can finish. It's so easy to convince ourselves right of things that are going right because we want all the things to go right. And so we're we're likely, we likely tend to look at the positives because that's really where we want to be. We want to be in the good part and the happy part. And you know, yes, there's one thing that's horribly wrong about this person, but Oh my God, look how amazing he is in all these other things. And that imbalance, you know, is going to ultimately affect you in the long run. Balance is where you want to be. But if you've got that one thing that's weighing you down so much that it's noteworthy, enough that it's worth picking up the phone and wanting to talk to someone about it, then yes, this is something that you should look at as maybe a source of discontent, a source of not just unhappiness, but of pain that you're experiencing on the inside. And how is accepting that, because all these other things are great, affecting you? Ultimately in so many ways it affects your relationship with your children, it affects your relationship with other people. It may affect you physically and obviously emotionally because it's upsetting. So I would definitely consider you know to what extent is this one thing that you're willing to withstand going to be worth? What is it in exchange for what? And so that I think that's that sacrifice sometimes that women make because they think it's minimal. It's miniscule. It's not worth it. I mean he's so amazing everywhere else, or she is so amazing everywhere else, that's just not even worth taking another step, but the prolonged effects of that one little thing can really deteriorate a person. I would definitely consider how that thing, if that was improved, how much better would your life be? If it



never improves, would you be OK with that? You know, that would be a question to ask, yeah.

Speaker 2: Moderator

Arvi, I think the next question we have is right up your alley. It says “What are the practical steps to cultivate an inside now state in stressful situations?”

Speaker 4: Arvinder (Arvi) Sodhi

Yeah, that is a that is a good one. Before I go there, I wanted to just say one more thing about the last question. In our community, sometimes we don't ask the right questions, sometimes asking the right questions about being valued in that relationship. Are you being respected in that relationship? Do you feel that you can express yourself without fear? Some questions along those lines because you can never convince somebody that they're in a domestic situation, right? But kind of maybe trying to point out certain patterns you know, and making sure it's all done in a safe space obviously, but allowing them to kind of think about, you know, I've noticed that you know when you get when there's a criticism, you start to doubt yourself. You know, it's like there's just little things like the way that you can pose those questions that would help that person realize, OK, maybe I am in a situation where I don't have the control. Maybe talk about the Power of Control Wheel or kind of show them some things. So the question about going inside now in a stressful situation, how to put yourself first? Well, when there is a situation that is, you know, taking, over your life, the best way is to ground yourself. To take every advice out there that you can about breathing techniques, about grounding techniques, and really immerse yourself into them. Ground yourself, get your breathing in and you can see things from a different perspective. There are a number of techniques that we can show. I don't know if there's time to do that, but we can do one or two breathing techniques together to explain how that really feels that when you're in a stressful situation, how to bring it down, how to calm your central nervous system down, how to make sure that you're not firing off at different ends. And also sometimes we have we have a thought that comes...the first thought that comes maybe a negative thought or maybe one that we want to say something or do something to lash out. Try to ignore that one and go with the second thought. The second thought is often like OK, no, that was crazy. Let me let me let me think about this for a second. Let me calm down. I would love to go more into that, but I know we're bound for time.

Speaker 2: Moderator

Yes, and that does lead us to we would we have had a request for going a little bit deeper into the information. So a Part 2. I do want to mention to everyone who's been on the call and we'll see this replay that we have penciled in our Part 2 of this empowerment session for November 12th at 6:00 PM. So we can go into a few of those real life exercises to take



with us. And then we also want to explore a little bit of the effect of trauma on children. But before we go, so Karuna, you have another question, I think.

Speaker 5: Karuna

Yeah. My question, another question was when I get the calls from victims, they lose their trust, even if they are, when they are telling me they're trusting me. So how do I, as on the other side, make them believe No, this, whatever you're saying is right. It's happening to you, and I am your confidant. I'm not going to give it away to other people. So how do I bring a little bit of trust to them so that they can share more, and we can help as an organization?

Speaker 4: Arvinder (Arvi) Sodhi

Lin, do you want to go with that one?

Speaker 3: Lin Green

I'll speak just a little bit but I want you to tackle this specifically because I think it's a much deeper cultural norm than I think most people understand and I've seen it. I've seen it in victims that I have served in the Community and it's crippling. It keeps them from moving forward because it's so deep rooted, the distrust of others. And the effects of trusting others and sharing information and what that could be. So I definitely, you know, my heart just breaks sometimes that you know, when I speak to victims under that circumstance because all you want, you literally want to just hold their faces and say "This is a safe space. It's OK. You can just be open and talk about it". But it's a lot deeper rooted, I think, than most people even have patience for, so I'm thankful for you for answering these calls and being there for them. I think it's definitely frustrating to be on the other side and get those calls and all you want is to be able to help. But I would say, if I could give one tip, just in general, just making it personal to them...finding that one thing that's their soft spot and expressing a similarity with them. I think if they can see themselves in you and vice versa, where they can feel that you're vulnerable and transparent enough that the information that I share with you is absolutely going nowhere, then they're more likely to be open and trusting. But Arvi, I want you to touch on that because I think that is the biggest, biggest obstacle. I think, as advocates that we have with helping others with that distrust.

Speaker 4: Arvinder (Arvi) Sodhi

Yes, in my experience in it, it takes sometimes a few people some time to be around me before they say something to me. And I have realized that if I'm authentic with myself, how I appear, how I show up, then I don't have any problem when it comes to that kind of conversation, because I've already demonstrated how authentic I am. I think that in my experience I have seen where our community maybe people will share information about each other. It's called gossip when you don't have the intention to help. And I have



repeatedly a number of times said, if you're willing to help somebody and it's going to be worth sharing it, then call that specific person up to get the help to help the other person. If it's for the sake of gossip and ooh and ahhhh, then don't communicate it right. And I think that I think that I in the community. I'm actually very introverted. So when gossip happens around me, I excuse myself and in a situation where somebody comes to me later on and asks or wants to share something, they have noticed that I don't stick around for the gossip. So something like that is in our community very important I think because people who talk to you about other people, they will turn around and talk to other people about you. Right. So when somebody is exhibiting certain behavior, they forget that they're in a position of this is a safe space, right. And I'm not saying that's you, but for the general population, show up true to yourself. So when you're in a position and on the board of such an organization, then they choose people wisely to make sure that they have listening skills: Can they can they listen? Can they show the empathy? Can they respect the boundaries that are set? Being transparent and honest in our actions is very important as well. Relationship takes time to build, so sometimes it takes a few times to have those conversations. And then thank you for sharing with me. Thank you for trusting me. I appreciate that you took the time, and you thought that I was the one that you could trust. You can absolutely trust the information is safe with me until you tell me what to do with it.

Speaker 3: Lin Green

And I just want to add one thing. Just one small thing I was thinking about as Arvi was talking... and Lord this happens to me all the time and then I have it and then I lose it... letting them know that they don't have to make a decision. I think a lot of times people think that in talking to someone else, someone's going to tell them what to do and they have this expectation like, oh, I have to do it now. Oftentimes when I'm speaking to victims, I'll use a lot of the things that they tell me to them and their response is usually ohh my goodness. That's so right. And Oh my goodness, there is an acknowledgement of of like you understand what I'm saying. Like you speak my language, you understand that it's hard for me. Yes, you understand that I may not be ready to to cut ties. That you understand that it's hard, especially because I have children. It's hard because I may not have the resources and so a lot of those things, if you repeat it back to them, they look at it like, OK, you understand 100% where I am and they're more likely to be a little bit more open with you.

Speaker 5: Karuna

Thank you.

Speaker 2: Moderator

Yes. Thank you. Thank you for asking the questions, Karuna. I know Shakthi is still a small organization and we're, you know, focused on Central Florida, but for example, we did get a



call the other day outside of the state and we were able to direct that person in the right way. But it's easy to forget that you are, you know fielding all those calls. So thank you for being that, really that first touch and that first communication that is amazing. I mean, thank you for that. And Arvi and Lin, your stories are so worth sharing. They're inspiring. They give me hope. They also give me ideas about how I can show up for others in my circle who may need my help. We really appreciate you taking the time. We appreciate what you give back to the community and we certainly look forward to continuing this conversation in November. Also, Lin, your book, I don't want to forget. I think you said there was an ebook version or something of your book?

Speaker 3: Lin Green

Yes, yes. For Hispanic Heritage Month, I have a promotion for the ebook which is \$2.99 everywhere you buy books, you can find the ebook version on sale through October 15th for that price. So for those of you who would much rather read on your tablet and your phone, you know, rather than have a handheld book, you have the option to get the book for just \$3 and it would definitely give you encouragement and understanding that you are not alone. I think just as Arvi said, sharing our stories is so important and for other people to see themselves in your story gives them so much more courage. So I pray that it does bless everyone whose hands it touches.

Speaker 2: Moderator

Because we are not alone. So thank you everybody! We really appreciate your support and your participation on behalf of Shakti.

Empowerment Session: Overcoming Trauma Part 2

November 12, 2024 @ 6:00pm EST