

BE(ing) Human Together

Amy Naylor ▀ Thursday June 15, 2023





Welcome.
Let's (BE) Human Together



Being human together is about accepting, embracing and celebrating the nuance and complexity of what it means to be human; of cultivating curiosity, knowing we don't know what we don't know; of drawing a circle that says everyone is in; of giving and receiving grace and truth and gratitude.

:My Story

:Public Safety Levy

:Graves in February

:Podcasts

:“Not me.”

:“Why *not* me?”

:Impossible problems



What did I need to figure out?

The first thing I needed to figure out is that was the wrong question to ask.

The wrong question to ask first is, "What should I be doing?"

The right first question is, "Who do I want to be?"



- Who do you want to be?
 - Works out...consistently
 - Drinks enough water
 - Is healthy
 - Is a good friend
 - Knows their purpose
 - Is well rested & has energy
 - Is generous

Who do I want to be?

- I want to be someone who is generous.
 - Generosity comes in many forms....time/availability, money, reputation, benefit of positive intent, silence.
- I want to be someone who responds more often than I react.
 - For me this usually requires a pause, a minding of the gap.
- I want to be someone who has space to hold hurt and offer empathy.
 - When I'm full of hurt, I can't hold anyone else's so working on my own stuff allows for capacity.



Who do I want to be?

- I want to be someone who makes room at the table.
 - Living in abundance. My own doubts about what I have to offer....I'm not saying anything original so does it matter? Is there a space?
- I want to be someone who starts with "yes".
 - See above. Starting with "yes" means believing there is room at the table.
- I want to be someone who is kind.
 - Clear is kind. It's okay to say "no" or "I don't know" or "I don't have capacity"



Who do I want to be?

- I want to be someone who is curious vs. certain.
 - Sometimes it helps me to ask (internally), “What happened to them that brought them to this place?”
- I want to be someone who treats everyone with the value they inherently possess.
 - Because I really do believe everyone has inherent value....whether I see it or not isn't necessary. Not having to see it actually makes things much easier because actions are based on beliefs.
- I want to cultivate relationships without agendas.



Who do I want to be?

- I want to be someone who re-defines what success looks like.

Anyone here not think their baby or grand baby is the cutest, smartest EVER? Why? Because we see our babies as miracles even if no one else does, we give them the benefit of the doubt. We view milestones as huge success. We don't get upset bc when they take their first step they aren't signing up for the next marathon. Don't miss success bc it looks "ordinary".



Who do I want to be?

- I want to be someone who sees beauty and joy and hope in the magnificent monotony.
 - Because life isn't so much about the big events. It's more about the magnificent monotony. The small quiet moments of kindness, of showing love, of connection and the mundane tasks of living, of seeing this magnificent monotony as extraordinary and miraculous....because it is.



The person I want to be, isn't the person I started as AND isn't the person I was striving to be for most of my career AND isn't entirely the person I am today AND is still the person I'm trying to become a bit more like everyday.

(BE)ing Human is living in the "and".....





Who do YOU want to be?

...and why does who you want to be matter?

Because you matter.

Because the people you serve matter.

Because we're in this human thing together.

Because we all want to belong.

Because we are all wired for connection.

Because we're all facing Mt. Everest AND standing on the summit.





Soooo, now what?

VALUES

I got clear about my cores values. For me those are grace, truth, growth and love.

- My values are the bar by which I want everything to be measured (this is a daily ongoing practice).
 - There's a values exercise in Dare to Lead by Brene Brown
 - When we act outside of our values is when we feel tension or experience conflict





Curiosity vs. Certainty

Cultivate Curiosity



Ask questions

Get curious about yourself, your own thoughts, feelings and actions. Curate questions about others' humanity and be brave to ask.

Listen

Become comfortable with silence. Count to 30 before you respond.

Observe

Use all your senses or just one of them to make observations that normally we're completely unaware of. What are 4 things you can hear right now?

Invite Proximity

Read, listen, watch, hang out with something or someone who you know you disagree with. Don't stand on issues.... walk with people.



Success

Defining Success

MC calling KW instead of 911.

AC acknowledging that they might not be able to parent.

Anyone asking for help.

Clearing up camp/alcove in less time than usual.

Open to the *possibility* of treatment.

People aren't projects or issues. We don't need to keep track of outcomes to determine if our investment into them was successful. The *success* is our investment.



Defining Success

Saying something positive instead of negative to ourselves & others either internally or out loud (personally).

Giving grace instead of judgement to self & others

Saying no when normally say yes or vice versa.

Perhaps it's just any movement towards any health in any way.





Self-Care aka Resilience Building

Self-Care (what it isn't)

I didn't start with self-care.

I started with, "I'm fine" and "There's no crying in police work"

I started with, "I'm an island" because that's what our culture values (but I also wanted others to ask me for help, my opinions, my great ideas, and what success should look like for them which is just another way to "other" someone).

Self-care isn't a massage once a month if that's your entire self-care plan.



Self-Care (for me & you?) aka Resilience Building

Therapy

Getting outdoors regularly

Solitude - because I'm an introvert

Boundaries

Giving myself grace - just totally spaced a zoom happy hour

Finding a place for my faith -even though I don't go to church

Making time for the things I enjoy such as reading, working out, coffee with friends, hiking, making lists, cooking, teaching myself the line dance for Shivers, grands



Self-Care aka Resilience Building

I challenged the stories I was telling myself and changed them when I needed to.

I started making decisions based on the new narratives inside my head.

I focused on function before feelings.

I've become deliberate about practicing gratitude.

I became intentional about my life. I curated. I didn't just decorate.

I've learned to ask for help.

I let my husband handle our finances.



Self-Care aka Resilience Building

I invest in my values (grace, truth, growth & love).

I decided to believe the truth others tell me about myself.

I give apologies and hold myself accountable when I need to because I've hurt someone.

I don't apologize because just because I made a mistake.

I don't consume the news and I am extremely cautious around social media.

I am committed to working towards forgiveness.



WELLNESS BUILDS RESILIENCE

What are the ways you truly take care of yourself?





Grace
&
Truth



Let's talk. I'd love to connect!

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Website & socials coming soon....