

Wishing Tree of Coping Skills:

Tune in to your Superpowers with the Magic of the Ceiba Tree!



When we feel sad, angry, hurt, full of anxiety or overwhelmed it is Important to know that you have the ability to be in control of your emotions. Believe me I know it can be a challenge in those moments! But being aware of how you feel can help. It only takes seconds to react and that is when we need to tune in to our "superpowers" our coping skills. We can make a quick choice in how we react to things, ideally it should be a healthy coping skill. Remember the decisions you make today can have long lasting outcomes whether they are good or bad choices and you definitely want them to be **Good** to avoid any regret! So lets make some positive memories and help set an example of how we deal with tough times. It starts with you!

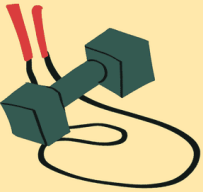
WHAT ARE COPING SKILLS?

Coping skills are tools and techniques you can use to help you handle difficult emotions, decrease stress, and maintain a sense of internal order. They can be helpful to use when you're feeling angry, anxious, sad, stressed, overwhelmed, or even when you're feeling well, to help you stay level. Coping skills can be simple tactics you can use in the moment if you feel you need to get control over your emotions. For example if you get really angry, if you've received bad news, or if you're having an especially difficult day. Coping skills can also be more habitual practices that you build into your daily life to help keep you sane during life's stressors.

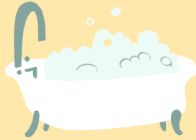
<https://www.fleurishpsychotherapy.com/blog/everything-you-wanted-to-know-about-coping-skills>



Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself
a pep talk



Meditate

Problem-Focused Coping Skills



Work on
managing time



Ask for support



Establish
healthy boundaries



Create a
to-do list

What is a Wish Tree?

There's a universal connection with trees. They're our relatives - ancestors. Many traditions centered around trees exist in so many different cultures. Maybe because the tree is a universal symbol of life, strength, wisdom & longevity. Many people throughout the years have believed trees to possess magical and spiritual properties, while others have honored them simply for the wonderful earth-heroes they are. Above all, trees know how to adapt to this world, and survive, all the while making everything near them flourish.

Wish Trees are created by writing, drawing, or otherwise communicating one's wishes, hopes, and dreams onto ribbons, notes, or other symbolic items and attaching those offerings to trees in hopes of your dreams, wishes, intentions, coming true. In some parts of the world, they are called May Bushes, as they appear on and around May Day, May 1st, as a way to pay homage to the new harvests and abundance of earth and celebrate its rebirth as the weather warms and life flourishes.

Spring is a symbolic time of change, transition and life or rebirth. Through writing your wishes you are setting your wishes into motion to become reality - as you send it out into the universe and believe it is possible it will be!



**Participate with us:
Follow these prompts if you feel inspired...**



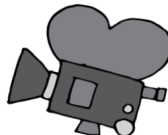
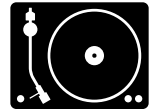
Take some time to think about your experiences... think about the Coping Skills that you may have used, or one that you wish you tried or choose one that you connect with or one that you will try. Write it down on the provided paper tags and hang it carefully on a small branch on the Ceiba tree. Choose another tag or write on the back of the one with a coping skill. Write your wish and think about what you wish for your present or future, for yourself and visualize it, think about yourself actually making those wishes a reality as you hang them up on the tree realize you are planting a seed for you.





22 Coping Skills that can help you...

1. BREATHE. VISUALIZE WHAT YOU WANT
2. WALK AWAY
3. TAKE A SHOWER OR BATH WITH CANDLES AND RELAXING MUSIC
4. LIGHT SOME SAGE, INCENSE OR A CANDLE
5. CALL A FRIEND OR CALL A HOTLINE
6. TAKE A TRIP TO A "GUITAR CENTER" AND TRY OUT ALL THE INSTRUMENTS OR PICK ONE YOU LIKE, TRY THE SYNTH SECTION OR ACOUSTIC GUITAR ROOM!
7. PLAY AN INSTRUMENT AT HOME EVEN IF YOU DON'T KNOW HOW! BORROW ONE IF YOU NEED SOME LIBRARIES HAVE UKULELES TO BORROW (ARROYO SECO LIBRARY IN HIGHLAND PARK)
8. DO A 30 DAY YOGA CHALLENGE FROM YOUTUBE! START WITH A 10 MINUTE A DAY CHALLENGE.
9. START WRITING YOUR LIFE STORY! OR JUST WRITE WHATEVER IS ON YOUR MIND
10. WRITE A POEM
11. READ SOME POEMS
12. GO TO A LIBRARY AND BROWSE AROUND THE ISLES, CLASSICS, ARTS, MOVIES, EVEN THE KIDS SECTION! CHECK OUT SOMETHING OUT
13. TAKE THE METRO TO THE BEACH
14. PAINT A JACKSON POLLACK INSPIRED PAINTING OR JUST MAKE A SPLATTER OR DRIP PAINTING
15. LISTEN TO SAD SONGS OR HAPPY ONES..
16. DANCE TO YOUR FAVORITE MUSIC & RECORD YOURSELF FOR FUN
17. GO TO A FREE MUSEUM OR GALLERY
18. GO TO A FARMERS MARKET
19. VISIT A PET STORE
20. START A GARDEN, PLANT SOME SEEDS
21. DON'T YELL BACK! IF YOU CATCH YOURSELF, JUST TRY TO BREATHE AND STOP AND STAY CALM
22. WATCH SOME CLASSIC FILMS



"The Mind is Everything, What You Think You Become" - Buddha

Mental Health Resources

- <https://cat-911.org/trainings-and-resources/>
- <https://dontcallthepolice.com/los-angeles/>
- **Indigenous Circle of Wellness - 626782.5570.**
<https://icowellness.com>
- **Community Helpline** helping callers work through feelings that range from loneliness & depression, to suicide. **877.541.2525**
<http://chelpline.org/>
- **Didi Hirsch Suicide Prevention Hotline:** Multilingual 24/7 Crisis Line. Crisis counselors also answer calls for Teen Line and the national Disaster Distress Helpline and use Crisis Text to communicate with those who are deaf or hard of hearing. 1 (800) 273-8255 (English and Spanish, 24/7) 1 (877) 727-4747 (Korean, “peak evening hours”) Deaf or hard of hearing: Text “HEARME” to 839863. <https://didihirsch.org/services/suicide-prevention/crisis-services/>
- **Los Angeles Suicide Prevention Crisis Center** 24-7 Crisis Response. City service. (213) 381-5111 - (310) 391-1253
- **Peace Over Violence** – Crisis intervention, Peaceoverviolence.org
Central LA: (213) 626-3396.
South LA: (310) 392-8381
Pasadena/West SG Valley: (626) 793-3385
- **Youth Emerging Stronger (YES)**
<https://www.youthemergingstronger.org/get-help-now>
24/7 with comprehensive support and resources for minor runaways homeless youth (age 12-17) and young people experiencing homelessness (age 18-24). LGBTQ+ affirming.
(323) 240-2253
- **Yourlifeyourvoice.org**

Indigenous Journey Counseling

Nicole Rojas
Counselor  Guide



Indigenous_Journey_Counseling

Email: IndigenousJourneyCounseling@gmail.com
Cell: 323.474.4600

Counseling Services * DV Advocate * Group Facilitation *
Program Development * Native Curriculum Building *
Consultations * Presentations *

THE MAGIC OF THE CEIBA TREE



Ceiba is a genus of trees in the family Malvaceae, native to tropical and subtropical areas of the Americas (from Mexico and the Caribbean to N Argentina) and tropical West Africa.

The ceiba was the most sacred tree for the ancient Maya, and according to Maya mythology, it was the symbol of the universe. The tree signified a route of communication between the three levels of earth. For the Maya, the ceiba tree was responsible for holding the universe, and it was called Yaxché, which means “green tree” in the Mayan language. It is in the book of Popol Vuh where we find the first reference to the importance of this tree since the gods planted four of them in each of the cosmic points of the universe: the white ceiba to the north, the yellow ceiba to the south, the red ceiba to the east and the black ceiba to the west.

This tree is the bridge that binds the earth with the sky and the underworld. Each of these plains is formed by several levels; thirteen for heaven and nine for the underworld or Xibalbá, thus earning the name “Axis Mundi” or the center of the world.

Something curious about the growth of this tree is that it seems to grow its branches always pointing towards the four cardinal points, as the Popol Vuh book states.

One of the most famous ceiba trees today is found in Solferino near Holbox Island in Quintana Roo. It is known as the Ancient Tree; which is believed to be over 700 years old and it is said that whoever hugs it, can feel its healing power.

The healing powers of the ceiba are also found in its bark, which, when boiled, can be used to heal wounds, rheumatism, as well as a diuretic antispasmodic. The resin can be used to relieve intestinal discomfort and its leaves help wound healing by containing high concentrations of camphor.

Healing in many ways this tree relative is full of history, magic and life and will help you ignite your wishes while remembering to use your coping skills when ever necessary.

The Four Agreements

by Don Miguel Ruiz

1 BE IMPECCABLE WITH YOUR WORD

- a. Speak with integrity.
- b. Say only what you mean.
- c. Avoid using the Word to speak against yourself or to gossip about others.
- d. Use the power of your Word in the direction of truth and love.

2 DON'T TAKE ANYTHING PERSONALLY

- a. Nothing others do is because of you.
- b. What others say and do is a projection of their own reality, their own dream.
- c. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3 DON'T MAKE ASSUMPTIONS

- a. Find the courage to ask questions and to express what you really want.
- b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- c. With just this one agreement, you can completely transform your life.

4 ALWAYS DO YOUR BEST

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- b. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.