



Noticing Our Response to Conflict

This training will explore holistic skills & tools used by human rights defenders around the world to uplift their communities & keep themselves safe from violence.



Welcome to Noticing Our Response to Conflict

Agenda

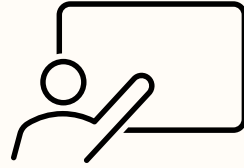
- Opening
- Window of Tolerance
- Holistic Check-in
- Activation & Anchor Points

Content Warning:
throughout this training, we
will reference violence,
cycles of harm, and white
supremacy.

adapted from Tactical Technology Collective & Across Frontlines

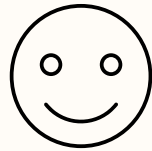
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Training Style

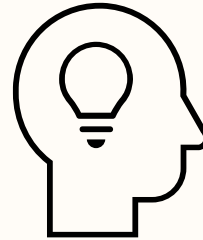


Experiential Learning + Popular Education

learning may be uncomfortable, but it does not need to be unsafe



Comfort Zone



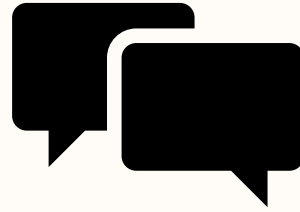
Learning Zone



Panic Zone

Your knowledge, lived experiences, and collective wisdom are a
crucial part of imagining and building safety!

Let's Get Started!



"Safety is *cultivated*;
security is *enforced*."

- Kalaya'an Mendoza

"What does **community safety**
mean to you?"

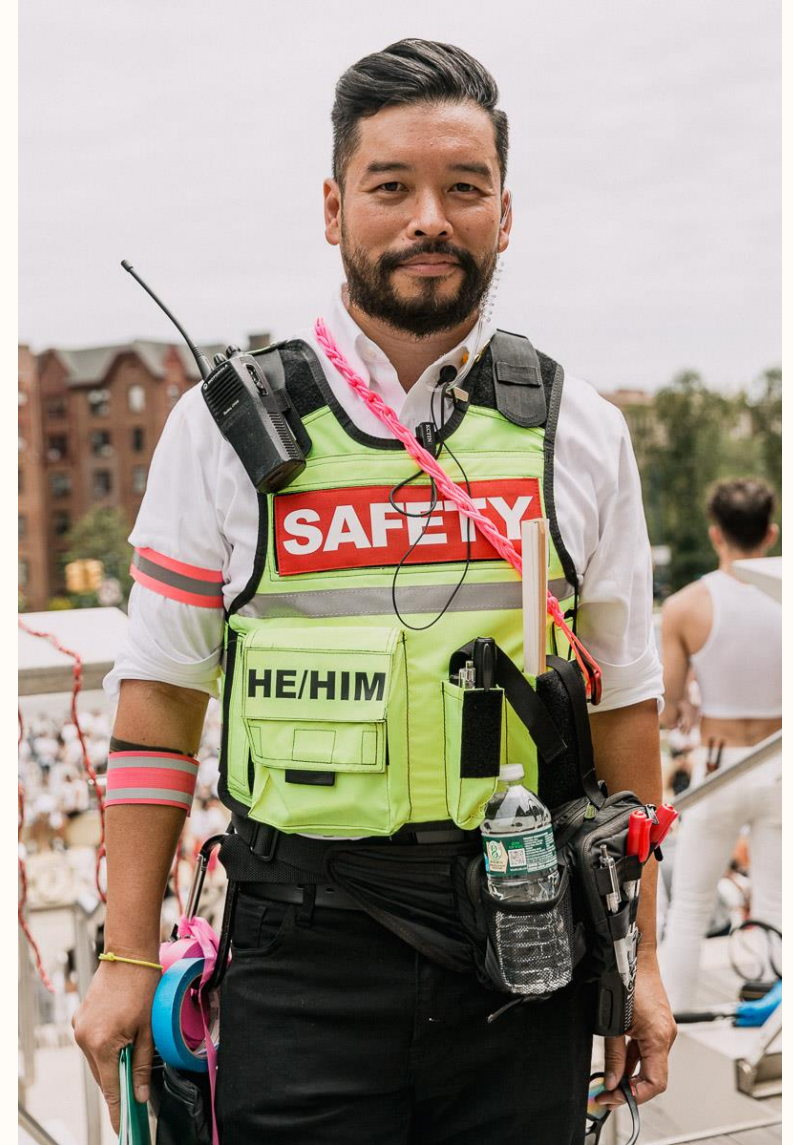


photo credit: Cole Witter



Me & NP (I'm Sam – they/them)

- We protect civilians in violent conflicts through unarmed strategies.
- We build peace side-by-side with local communities.
- We advocate for wider adoption of these approaches to safeguard human lives and dignity.





Nonviolent Peaceforce Principles

- Nonviolence
- Non-partisanship
- Primacy of Local Actors
- Civilian-to-Civilian Action

That's you!



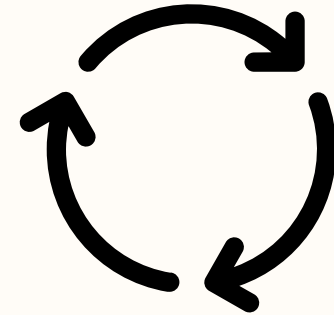
Nonviolent Peaceforce Principles

- Nonviolence
- Non-partisanship
- **Primacy of Local Actors**
- Civilian-to-Civilian Action





Situational Awareness



References: Across Frontlines, Dan Siegel, Dr. Marie Dezelic, Colors Rainbow, The Asian American Organizing Project of Minnesota, LGBTQ activists from Myanmar, & Maori Land Protectors at Ihumatao

Situational Awareness

Deepening our understanding of how our surroundings affect us & how our instincts protect us.

Mindfulness & the Window of Tolerance

Mindfulness 

The practice of being an active participant in your life & experiences.

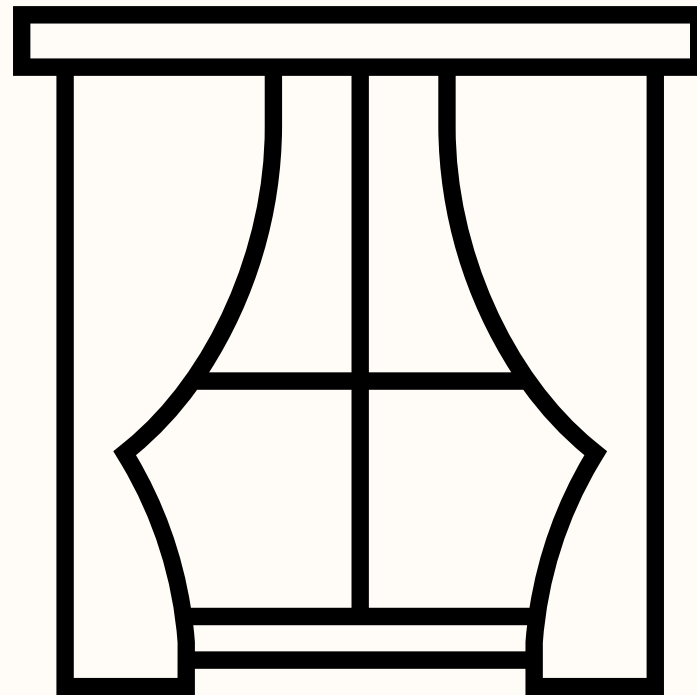
Window of Tolerance 

A tool for understanding your comfort zone and how you instinctively respond to crisis.

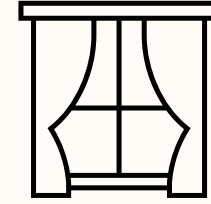
Mindfulness gives us the information we need to understand our window of tolerance.

Window of Tolerance

Comfort Zone



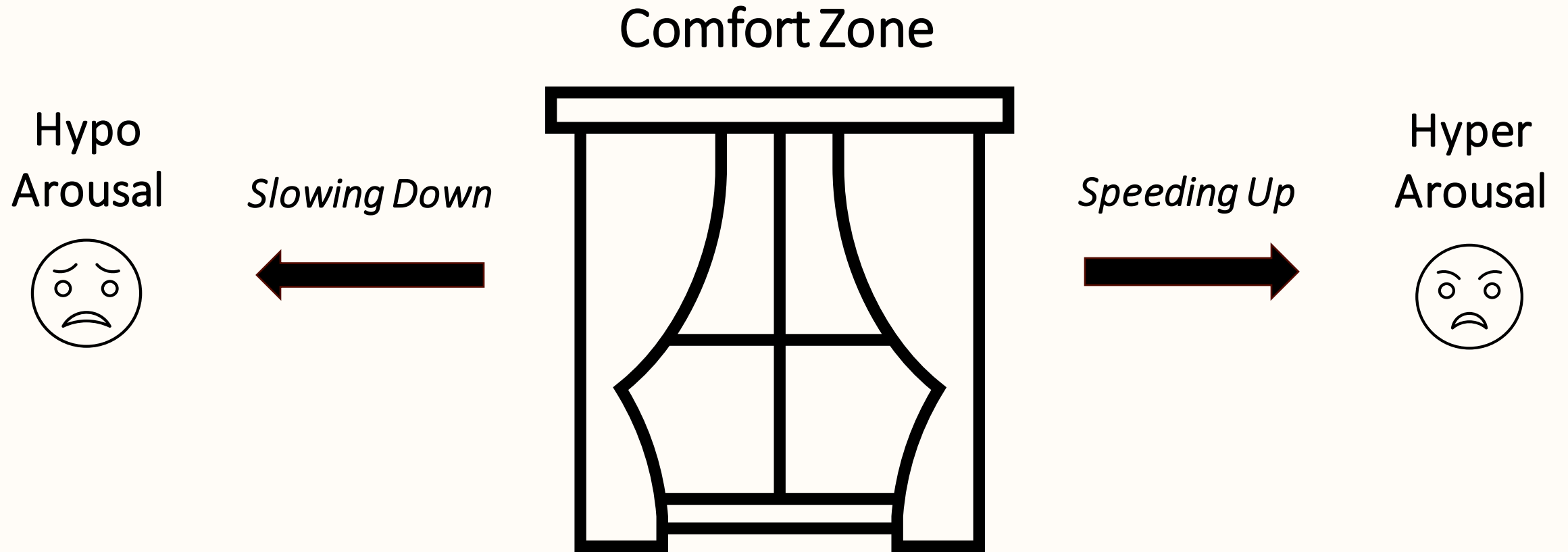
Within Your Comfort Zone



When you are in your comfort zone, you are able to self-soothe & regulate your emotions through a variety of experiences.

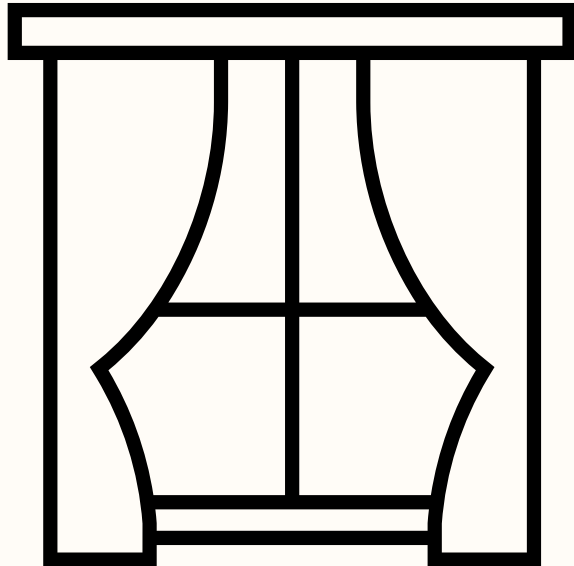
calm | cool | collected | connected | grounded |
present | aware | in control

Window of Tolerance



Outside Your Comfort Zone: Speeding Up

Comfort Zone



Speeding Up

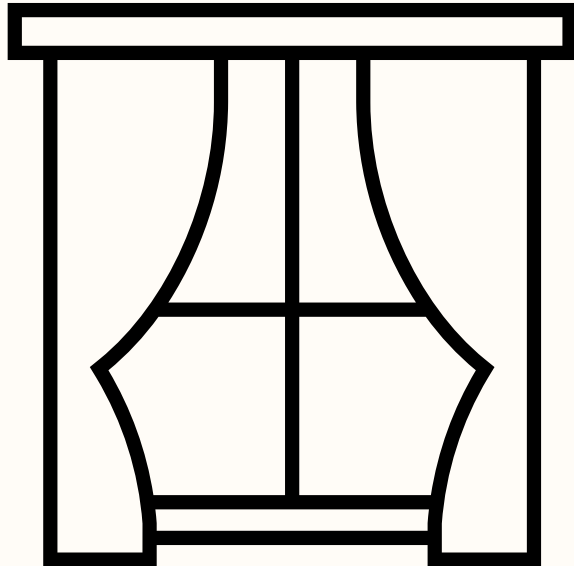


Hyper-Arousal / Fight or Flight Response

anxiety | anger or rage | complete overwhelm |
emotional or aggressive outbursts | impulsive
decisions or behavior | compulsive behavior or
thoughts | ignoring or avoiding conflict

Outside Your Comfort Zone: Slowing Down

Comfort Zone



Slowing Down



Hypo-Arousal / Freeze or Fawn Response

dissociation or autopilot | shutting down | not displaying emotion | memory loss | inability to process new information | separating from self, feelings, & emotions

Window of Tolerance

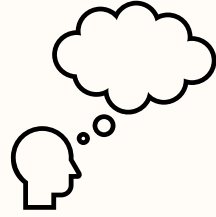


adapted from Dr. Marie Dezelic & Across Frontlines

Holistic Check-In

Checking in with ourselves and our community in order to understand our experiences, boundaries, window of tolerance, & support needs.

Holistic Check-In



A tool for supporting ourselves & others before, during, or after crisis.

- What are you feeling physically?
- What are you feeling emotionally?
- What are you feeling energetically?
- What do you need for support?

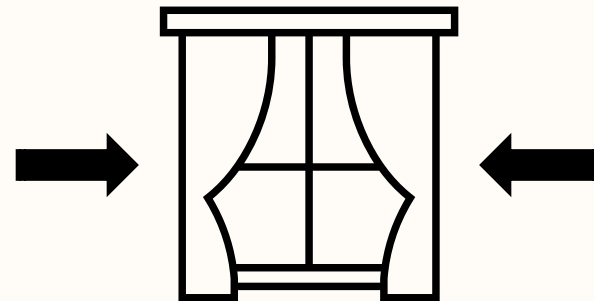
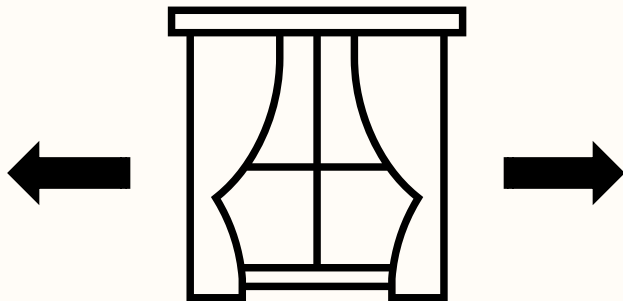
Navigating the Window of Tolerance

Activation Points 

The things that stress us out or push us outside of our comfort zone.

Anchor Points 

The things that calm us and ground us inside our comfort zone.



Activation Points



Your activation points can exist both in and out of your window of tolerance. To understand your activation points, ask:

- What stresses you out?
- What makes you angry or anxious?
- What makes you shut down?

Anchor Points



You can have a variety of anchor points for a variety of experiences. To understand your anchor points, ask:

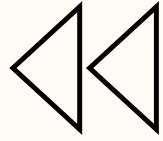
- What grounds you?
- What centers your focus?
- What reminds you of your agency?
- What reminds you of your support system?

Let's Reflect!



- What have you noticed about your own instincts?
- How might your identity impact your situational awareness?
- What kind of support can you ask for?

Let's Review!



- **Window of Tolerance**
 - Understanding our comfort zone
- **Holistic Check-In**
 - Supporting ourselves and others after conflict
- **Activation Points & Anchor Points**
 - Understanding what affects our window of tolerance



Thank you for joining us!

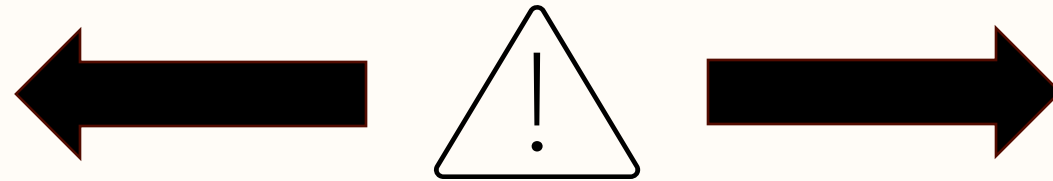
Please support our growth by offering feedback of this session so that our team can improve. We greatly appreciate your input and work to incorporate changes!

Email: info@nonviolentpeaceforce.org

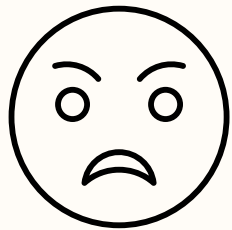
Website: nonviolentpeaceforce.org

Navigating the Window of Tolerance

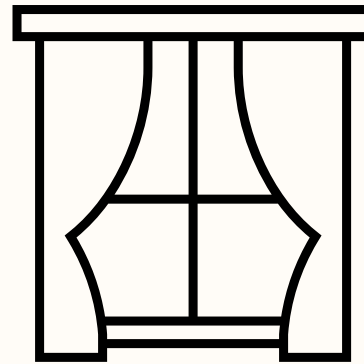
Activation Points



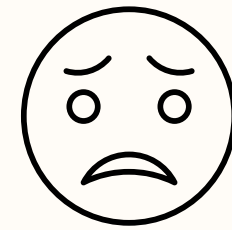
Hyper-Arousal



Fight or Flight
Response



Hypo-Arousal



Freeze or Fawn
Response



Anchor Points