



# SUARA

Amplifying Voices of API Survivors and Advocates

## Practice Highlight: Self Hugs

Since the beginning of this year and all throughout 2020 we have seen a spike in hate crimes against Asian Americans. The Center for the Study of Hate and Extremism at California State University released findings in early March of this year that showed hate crimes against Asian Americans spiked 149% from 2019 to 2020, even though hate crimes overall have declined. It is important to note that the majority of harassment and violence has disproportionately impacted women and elders in our communities. This is evident as seen in the senseless March 16th shooting in Atlanta that claimed the innocent lives of six Asian American women. As we continue to face this onslaught of violence and hatred against our communities it is easy to feel the need to spring into action to do whatever we can to combat these instances. Many times we are grieving, yet we push through the process and time that is needed to effectively transform that grief into more healthy and manageable energy and emotions. Not taking the time to grieve and care for ourselves is a sure way to burnout.

We must find ways to care for ourselves as we continue to advocate and do the much-needed work around social justice. With that being said, we offer a small but effective practice that all of us can do to stay connected with our bodies and grounded through all of this trauma we are experiencing. The practice of self hugs is one that centers our agency and reminds all of us that we have the ability to care for ourselves and to bring about our own sense of comfort.



## To self hug:

- *Find a comfortable position, either sitting or lying down, with your head, neck and spine aligned.*
- *Fold your arms around your body, positioning them in a way that feels natural and comfortable. For example, folding your arms across your stomach or just below your chest might feel easier than hugging yourself around the chest.*
- *Rest your hands on your shoulders or upper arm (just above your biceps). Again, go with what feels natural. If you hug yourself across the stomach, you might find it comfortable to curve your hands around your sides.*
- *Imagine the type of hug you want. A strong, intense hug? Or a softer, soothing hug?*
- *Squeeze yourself with just enough pressure to create the sensation you're looking for.*
- *Hold the hug for as long as you like.*
- *Some people find it soothing to gently rock back and forth while hugging themselves, so you might also consider giving this a try*
- *If you don't feel like hugging yourself, try stroking your forearms or upper shoulders in a soothing way, similar to a gentle massage.*

For more information on self hugs please visit:

<https://www.healthline.com/health/hugging-self#how-to>

## Organization Highlight: SEWA-AIFW

This quarter we would like to highlight an incredible organization doing great work for its community.

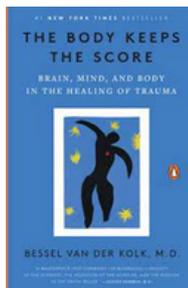
SEWA-AIFW believes that in order to build a violence-free society, we must engage all members of our community to take responsibility in condemning gender-based violence. Sewa-AIFW provides services to the vulnerable and underserved South Asian population in Minnesota. There are over 80,000 South Asians living in Minnesota of that 42000 are Asian Indians alone. They are the only social services agency in Minnesota serving this population of immigrants and refugees in a culturally specific way. To learn more about their work or if you're interested in supporting their work please visit: <https://sewa-aifw.org/>



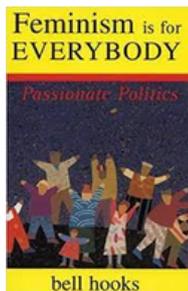
## Book Club

During this time, we know that many of you are working from home or confined in your home which is a great time to catch up on some reading and do some additional learning. Here are some of our recommended books for this quarter:

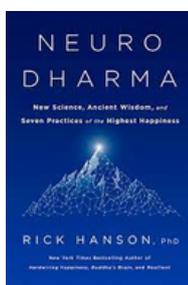
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk



- *Feminism is for Everybody: Passionate Politics* by Bell Hooks



- *Neurodharmā: New Science, Ancient Wisdom, and Seven Practices of the Highest Happiness* by Rick Hanson



## Technical Assistance

*We offer training and technical assistance on culturally relevant services for API communities in mainland United States, Alaska, and U.S. territories in the Pacific to current and potential OVW grantees. Technical Assistance we provide:*

- 40-hour sexual assault training to staff and volunteers
- Topic-specific training
- “one-on-one” or “peer-to-peer” consultations regarding sexual assault services to victims/survivors from the API communities

*If your organization is interested in receiving training, technical assistance, or if you would like additional information, please reach us at [information@napiesv.org](mailto:information@napiesv.org)*

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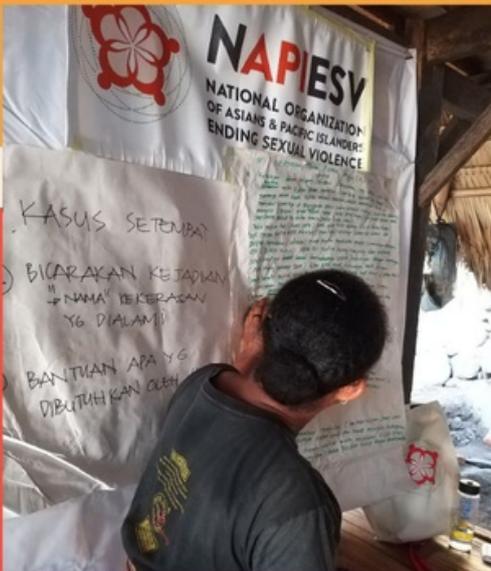
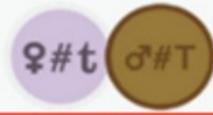
# #BersamasamaProject



**NAPIESV**  
NATIONAL ORGANIZATION  
OF ASIANS & PACIFIC ISLANDERS  
ENDING SEXUAL VIOLENCE



TORAJAMELO



**WE NEED YOUR HELP TO BUILD 15 TEMPORARY HOUSES FOR FAMILIES WHO LOST THEIR HOMES BECAUSE OF THE FLOOD IN LEMBATA. THE COST TO BUILD A TEMPORARY HOUSE IS \$550.00 /HOUSE. FUNDS NEEDED = 15 X \$550.00= \$ 8,250.00. NAPIESV HAS CONTRIBUTED \$ 5,000.00. WE NEED TO RAISE FUNDS AT LEAST \$ 3,250.00. YOUR HELP IS NEEDED AND APPRECIATED. TO DONATE: [HTTPS://NAPIESSV.ORG/DONATE/](https://napiessv.org/donate/) PLEASE INCLUDE A NOTE "FOR INDONESIA PROJECT" THE DONATION WILL SHOW AS DONATION TO MONSOON API IN SOLIDARITY, OUR UMBRELLA ORGANIZATION. THANK YOU/ TERIMA KASIH.**

# **NAPIESV**

**NATIONAL ORGANIZATION  
OF ASIANS & PACIFIC ISLANDERS  
ENDING SEXUAL VIOLENCE**

## **A STRONG RELATIONSHIP IS BUILT OVER TIME AND WITH SUPPORTING EACH OTHER IN SPIRIT**

NAPIESV relationship with PEKKA in Lembata and Adonara started in 2014 with informal conversations about sexual violence, child sexual abuse, and domestic violence. These conversations often happened in the back of the truck, on the sidewalk, in the market, in between training on design and color of woven cloth with TORAJAMELO, as we did not have funding specifically to do Community Listening sessions.

In 2019 we received a 3-year funding from NoVo Foundation to create Bersamasama Project focusing on sexual violence and the connection between sexual violence and militarism in Indonesia, The Philippines and Guam & Micronesia. We visited Lembata, Adonara and Larantuka in May and November 2019 and dove right into deep conversations about sexual violence in their community. They were ready for it.

In 2020 during Covid pandemic, Mount Lewotolok erupted, showered Lembata with ashes and gravels. NAPIESV supported PEKKA Lembata with first aid needs, rice, and corn seeds.

Have not fully recovered from the Mount Lewotolok's eruption, on April 5<sup>th</sup>, 2021, deadly tropical cyclone Seroja brought historic flooding and landslides, bringing down muds and rocks from the top of the volcano down to the villages swept people, houses, animal, and farms away.

## **YOUR HELP IS NEEDED AND APPRECIATED**

We need your help to build 15 Temporary Houses for family who lost their homes because of the flood in Lembata. The cost to build a temporary house is \$550.00 /house.

Funds needed = 15 x \$550.00 = \$ 8,250.00.

NAPIESV has contributed \$ 5,000.00.

**WE NEED TO RAISE at least \$ 3,250.00**

To donate: <https://napiesv.org/donate/> Please include a note "For Indonesia Project"

The donation will show as donation to Monsoon API in Solidarity, our umbrella organization.

Thank you/ Terima Kasih

NAPIESV is working in collaboration and coordination with our partner organizations in Indonesia: TORAJAMELO, PEKKA, UMAH RAMAH, Perempuan Pria #Tegar

