



**Lil' Bear Resources**

# JENNIFER BRYCE

## PLANTING THE SEEDS

September 29, 2022

World Congress on Probation  
and Parole

"No one left behind"

# What seeds are you planting?



Mental



Physical



Emotional



Spiritual

## **Positive**

- creates solutions
- sends out positive messages
- positive world view
- seeks balance and awareness of self, self care
- communicates effectively based on perceptions/self talk
- has a support circle who understands their mental health, reaches out and is open minded

## **Negative**

- name calling, sarcasm, racism, put downs etc.
- explosive, lateral violence, mind games etc.
- crosses boundaries

**MENTALLY**

## Positive

- connection to something bigger, has a foundation, uses their launching pad
- balanced, co-creation
- connected to a community that encourages ceremony/religion/spirituality
- seeks continuous knowledge, willing to learn as life moves forward, has a support circle

## Negative

- does not believe in anything bigger
- puts down what you believe, behaves unnatural
- operates from a place of pride, self entitlement, states they don't need anyone

SPIRITUALLY

## Positive

- able to regulate emotions
- able to describe, identify and express their feelings
- balanced, strong support circle
- communicates effectively, self care
- states clearly what they are asking, **I-THOU**

## Negative

- explosive communication, lashes out verbally
- responses are sharp and negative, name calling, blaming everyone and every circumstance
- uses non descriptive words to express emotion
- uses a substance to bring out emotion, states they don't need anyone or anything
- broken relationships, unhealthy relationships, crosses boundaries.

EMOTIONALLY

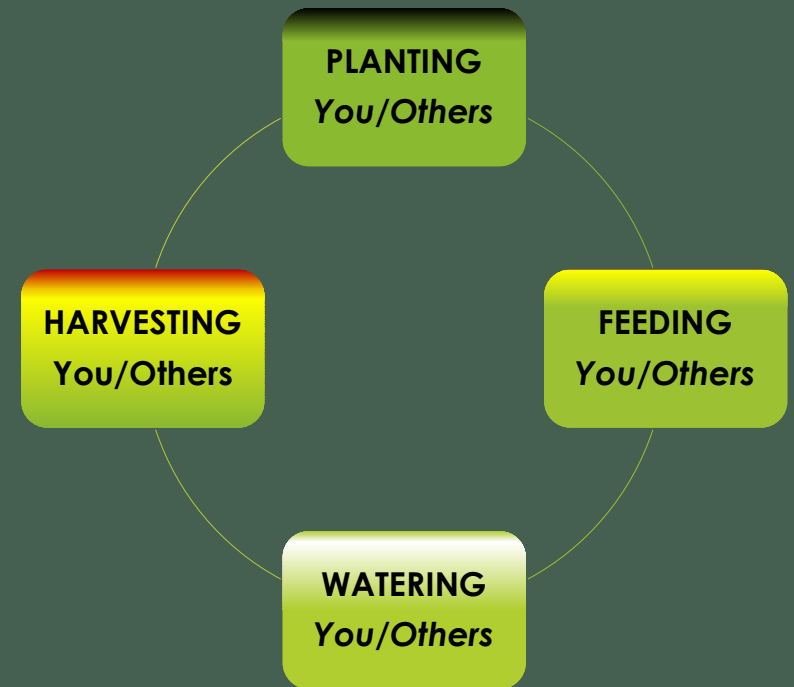
## **Positive**

- Engaging in healthy activities
- healthy eating, self care
- manages micro expressions, awareness of body language
- support circle

## **Negative**

- does drugs or alcohol, not mindful of what they are putting into their body
- body language speaks stronger than voice, eye rolling, sighs, smirks, facial gestures etc.
- no boundaries around physical touch/space
- violent

**PHYSICALLY**



What role are you playing in your community?

You never  
forget a  
person who  
came to  
you with  
a torch  
in the dark.



THANK YOU!!!!



# CONTACT

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