



Peacemaking with Ourselves and Others

Presented by Jenn Easley-Maynord, M.S.
Peacemaking Facilitator



THE WHO

Jenn Easley-Maynord Street Cred:

- Master's in International Affairs, Seton Hall University
- Post-Conflict Reconstruction and Sustainability Graduate Certification, Seton Hall University
- Diversity, Equity, and Inclusion in the Workplace Certification, University of Southern Florida
- Mental Health and Wellbeing Practitioner Certification
- Yoga as Therapy 200-hour Certification

Find my bio at:

www.thesiothaproject.com

THE WHY

- Depression is more widespread than ever in the United States.
- More than 1 in 6 adults say they are depressed or receiving treatment for depression, a 7 percentage points since 2015.
- Nearly 3 in 10 adults have been clinically diagnosed with depression at some point in their lifetime.
- Generalized anxiety disorder affects around 6.8 million people in the U.S.
- 83% of U.S. domestic violence programs reported they served 76,975 adult and child victims of domestic violence through various programs over a 24-hour period.
- 46.8 million (16.7%) Americans (aged 12 and older) battled a substance use disorder in the past year.
- 10.5% of Americans 12 and older had an alcohol use disorder in the past year.

...are we at peace with ourselves?

The Question

What if each of us did the work to make the change we want to see?





Our stress response is part of our survival mode that is important. The same response also kicks in with everyday stressors. How do you react?

The Combatant



The attempt to resolve conflict on your own terms without taking into consideration the other side. This can include threats, punishments, assertion, one-sided solutions.

The People Pleaser



The attempt to reduce or solve conflict by minimizing your own needs, asks, aspirations. Willing to give more to another and settle for less.

The Ghost



Withdrawing from the conflict and becoming inactive. May feel a sense of freeze and unable to find the words or ideas you want to express. Often waiting for the other person to make a move.

The Problem Solver



Finding solutions that work mutually for both sides. This includes productive conversations, healthy negotiations, and everyone fully caring about the other's best interest.

A close-up photograph of a tree trunk with a white identification tag attached. The bark is peeling, revealing a lighter orange-brown inner layer. The tag is secured with a thin black string and contains text about the tree's toxicity and its role in the local ecosystem.

POISONWOOD

This member of the cashew family gets its name and reputation from the black sap which stains its orange, peeling trunk. The sap can cause a nasty rash similar to poison ivy if contacted.

The fruit is a vital food for the white-crowned pigeon, an endangered species.

Black-Saps Poisonwood



Gumbo Limbo



The Who and Why

Jenn and Kyle:

- We have a passion (and training) for mental health.
- We care about supporting the veteran community.
- We nerd out on psychology, human behavior, and conflict research.

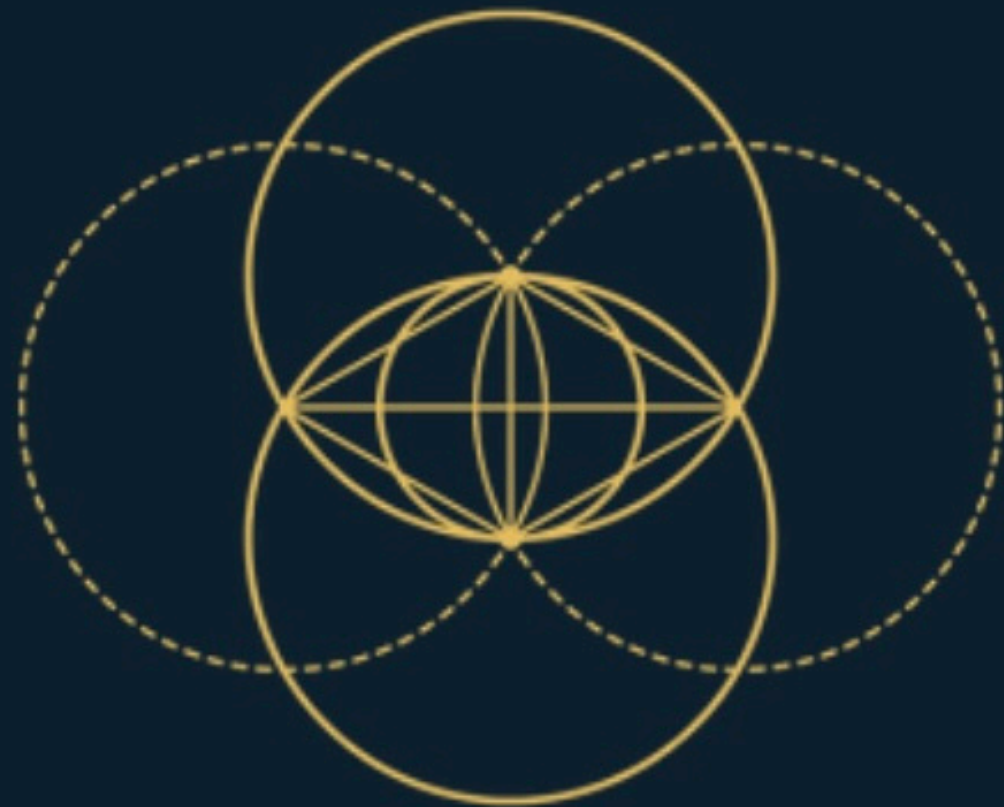
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PEACEMAKING
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The Siotha Project
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THANK YOU FOR
BEING THE
CHANGE YOU
WANT TO SEE.

-Jenn



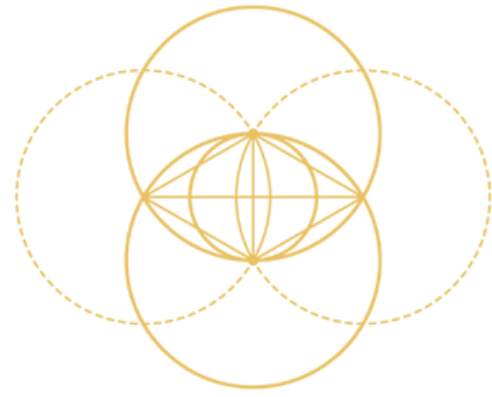
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@WillowWayMusic



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FURTHER RESOURCES

“Specifically, under stress: your heart beats faster and your muscles tense, your breathing becomes shallow and you start to perspire, the flow of blood decreases.”

-Mary NurrieStearns



RESEARCH

- According to 2023 poll from Gallup, depression is more widespread than ever in the United States.
- About 18% of adults – more than 1 in 6 – say they are depressed or receiving treatment for depression, a jump of more than 7 percentage points since 2015.
- Nearly 3 in 10 adults have been clinically diagnosed with depression at some point in their lifetime, according to the survey, which is also a record high.
- Generalized anxiety disorder affects around 6.8 million people in the U.S. — or more than 3 percent of the country's adults according to the Anxiety and Depression Association of America (ADAA).
- In a 2023 survey, 83% of U.S. domestic violence programs reported they served 76,975 adult and child victims of domestic violence through various programs over a 24-hour period.
- According to the 2022 United States National Survey on Drug Use and Health (NSDUH): 46.8 million (16.7%) Americans (aged 12 and older) battled a substance use disorder in the past year. 10.5% of Americans 12 and older had an alcohol use disorder in the past year.



- Fight-flight-freeze-fawn stress responses cause physical reactions.
- Triggered by a conditioned fear.
- Associated with a negative experience.
- Repeats from *original* negative experience and becomes a PERCEIVED THREAT.
- Brain thinks you're in danger.
- Body responds to keep you safe.



GETTING CENTERED



“The relaxation response reduces the stress response, and is initiated in the brain. The relaxation response includes the following: your heart rate slows down and your blood pressure stabilizes, your immune system is boosted, your brain waves slow down...you experience a sense of well-being.”

-Mary NurrieStearns