



March Newsletter

WCCI

WATAUGA COMPASSIONATE COMMUNITY INITIATIVE

WWW.WATAUGACCI.ORG

Whats strong in you?

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**WITH US ALL EXPERIENCING THE
GLOBAL PANDEMIC OF COVID-19, WE
ARE ALL HANDLING THIS STRESS IN
DIFFERENT WAYS. PLEASE RESPECT
AND APPRECIATE EVERYONE'S STORY
AND EXPERIENCE DURING THIS TIME.**

**WATCH FOR A NEWSLETTER
DEDICATED TO COVID-19, AND HOW
WE CAN ALL PRACTICE RESILIENCY
AND MANAGE STRESS DURING THESE
TIMES.**



Get involved with WCCI!

Come to our meetings!

Second Thursday of the month April 9, May 14

Deerfield United Methodist Church

1184 Deerfield Rd.

*WCCI is not affiliated with any house of
worship, religious group, or denomination.*

Practicing Resiliency

PRETZEL BREATHING

This is a strategy for calming and containing excess energy and can be particularly useful for reducing anxiety in the moment, for calming overwhelming feelings, and for re-establishing a sense of peace after nightmares.

To practice it, sit and extend your arms. Allow the backs of your palms to touch each other with your pinkies to the sky and thumbs pointed at the ground. Then, put one hand over the other so that the palms are now touching (with the pinkies still pointed to the sky and thumbs to the ground). Interlace the fingers and then pull your interlaced hands into your chest, allowing your hands to rest on your heart. Then, cross your ankles (preferably with the same ankle and same hand is on top)

Sit and breathe. With each inhale, allow your tongue to press to the roof of your mouth. On the exhale, allow the tongue to drop to the bottom of your mouth. Sit and breathe for one to two minutes.... or as long as you need!

****If you have injuries or the posture causes pain/ discomfort, allow yourself to just sit and do the breath work instead.**

For more information see Conscious Discipline (www.consciousdiscipline.com) or the Journal of EMDR Practice & Research Volume 1, Number 2, 2007, page 122



Member Spotlight

MURRAY HAWKINSON

A Watauga native; Murray attended Davidson College from 1970-1974, graduating with a degree in Psychology. In his first few years after graduation, he worked as a psychiatric aide, a social work assistant, and a Psychological Assistant. He entered UNC-CH in the Clinical Psychology doctoral program in 1977 and married Gail Hawkinson, also a Staff Psychologist and cofounder of OASIS on October 13, 1978.

In September 1982, he worked as Willie M Program Coordinator for New River Mental Health Center, and through this work worked on a program which became known as Watauga Youth Network, now Western Youth Network. In 1984, he left this position to return as a Psychologist. During that period, he developed cancer, which slowed down completion of my dissertation. Then one day, after two years of treatment and several months of health, he completed his dissertation in 1991, earning my Ph.D. in Clinical Psychology.

On November 1, 2011, Murray became the Center Director for Daymark – Watauga Center. During his Daymark years, he participated as a member in Juvenile Crime Prevention Council, where he suggested sponsoring a State of the Child Forum, which his wife Gail had put together in the mid-1990's. It seemed valuable, Paul Holden thought it was a good idea, so they had a small version of it that year. It didn't come together the next year as intended, so Paul handed it over to Denise Presnell, and the rest is history. He has served on over 15 committees, teams and boards throughout his time working at Daymark. He is retiring on March 20, 2020 and he will surely be missed!

