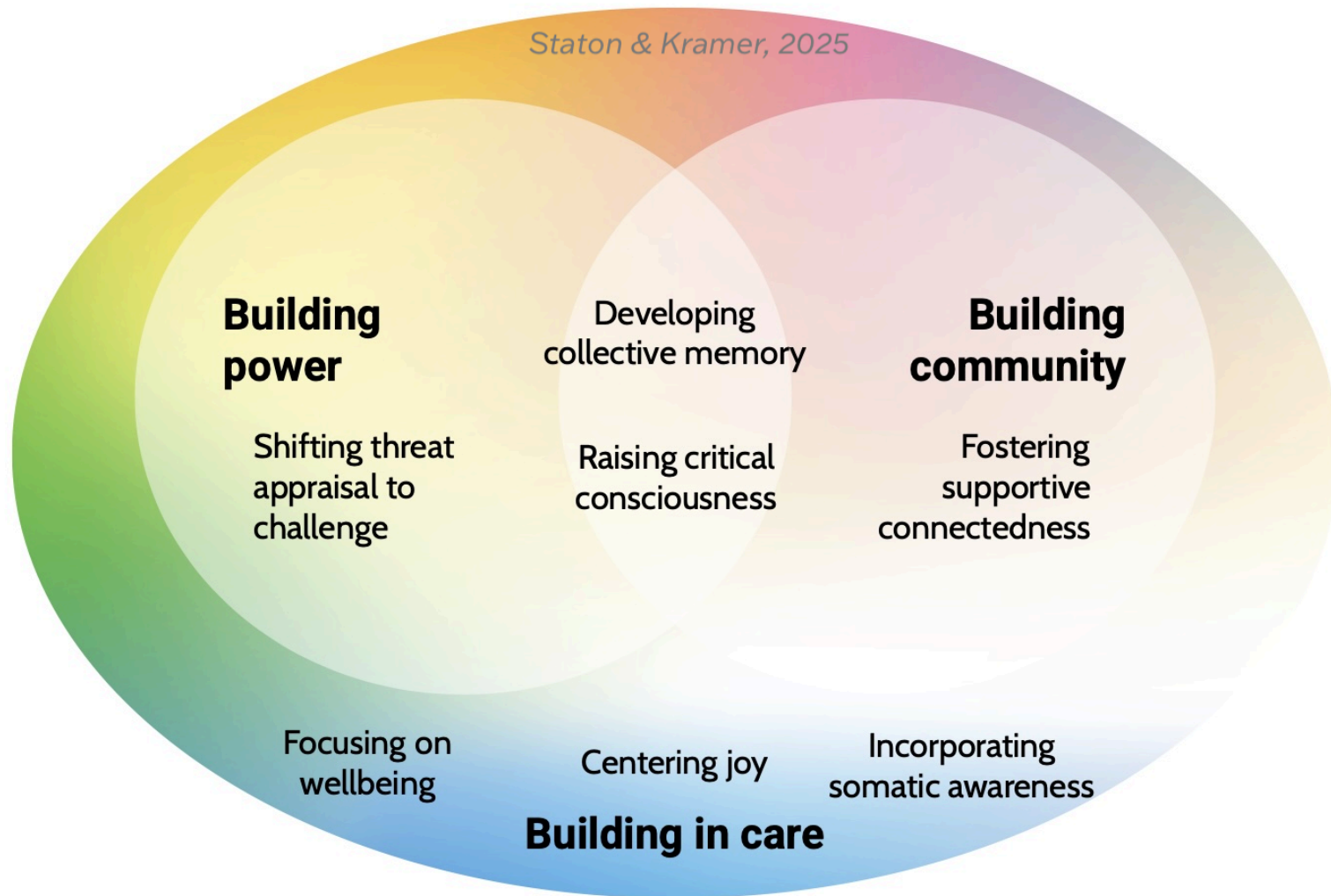


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## Design for Healing: potential pathways identified from literature

Potential pathway	Detailed description / rationale	Relevant citations / links
Building power: Shifting threat appraisal to challenge	<p>Stressors perceived as a “challenge” are less physiologically detrimental than those perceived as a “threat”</p> <p>Difference between challenge and threat is level of perceived agency: perception of personal resources versus situational task</p> <p>Wellbeing is a function of control and power</p> <p>In young people, an awareness of justice along with social action contribute to overall wellbeing</p>	Blascovich, 2013; Ginwright, 2018
Building Community: Fostering supportive connectedness	<p>Connection to others is mostly linked to positive outcomes after trauma</p> <p>Mental wellbeing and resilience are connected to a strong sense of community through:</p> <ul style="list-style-type: none"> <li>• Sense of belonging</li> <li>• (In)formal social support</li> </ul> <p>Culturally specific connections</p> <ul style="list-style-type: none"> <li>• E.g. Native American communities: <ul style="list-style-type: none"> <li>○ (Re)building community after historical and structural trauma</li> <li>○ Communal sense of mastery has been found to be protective against stress</li> </ul> </li> </ul>	Greenfield & Marks, 2010; Schultz et al., 2016; Schultz, Walls, and Grana, 2021; Hobfoll et al., 2002

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Building power in community: Developing collective memory	Collective memory -- “a group’s shared understanding of the recent or distant past” (Chioneso et al., 2020) Connected to positive psychological health Can limit internalization of oppression Can help center joy	Informed by the Community Healing and Resistance Through Storytelling (C-HeARTS) framework by Chioneso et al., 2020; Bosley et al., 2022
Building power in community: Raising critical consciousness	Critical consciousness -- “the development of new community narratives and partaking in critical community action” (Chioneso et al., 2020) Makes oppressive dynamics visible Supports empowerment and critical action	Informed by the Community Healing and Resistance Through Storytelling (C-HeARTS) framework by Chioneso et al., 2020; Bosley et al., 2022
Building in care: Focus on wellbeing	Trauma-informed design Focus less on outcomes, more on participant wellbeing	Bosley et al., 2022; Dietkus, 2022; Place, 2022; Wiczorek et al., 2022
Building in care: Centering joy	Centering joy and pleasure (see Audre Lorde, adrienne marie brown, Bosley et al. 2022, and others)	Bosley et al., 2022; Dietkus, 2022; Place, 2022; Wiczorek et al., 2022
Building in care: incorporating somatic awareness	Somaesthetic healing activities, embodied design Pauses, grounding, mindfulness	Bosley et al., 2022; Dietkus, 2022; Place, 2022; Wiczorek et al., 2022


## Design for Healing: Call for Community Contributions

We want to hear what elements you think could be brought to a design process to potentially facilitate healing. These elements could be tools, methods, practices, intentions, mindsets or something else. We invite you to draw on your experience with design and/or your experience as a human being to share some ideas.

Please feel free to add as many elements as you would like in the following survey--it's ok to do it multiple times (once per idea):

<https://forms.gle/V5xqHHHfQfUTnNxD8>

**These ideas shared in the survey above will be added to the following spreadsheet publicly available to anyone interested exploring this topic. See the community knowledge base here:**

 Community Contributions: Can design processes facilitate healing?