
MIXED HEALING

STEPS TO HEALING FOR MIXED WOMEN

GROWING UP
MIXED

by Danielle Bottone



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- TUNE INTO YOUR BODY
- CONNECT WITH OTHER MIXED WOMEN
- PLACE BOUNDARIES ON EXTERNAL LABELS
- CONNECT WITH YOUR WHOLE SELF
- RECONNECT WITH PARTS OF YOUR MIXEDNESS
- INCORPORATE JOY, ALWAYS

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TUNE INTO YOUR BODY

Connecting with our bodies is fundamental during healing work. As Bessel van der Kolk's famous book on trauma states, 'The Body Keeps the Score'. We hold much of our pain, hurt and trauma in our bodies and reconnecting with the body is one of the first steps we can take to prepare for healing work.

Our senses are at the core of body connection, so using sight, touch, taste, smell and sound is a good starting point. Activities that engage our senses and allow us to physically experience and feel what is happening in the moment can support us to tune into our body.

Yoga, meditation, reiki, exercise, massage, body scanning, mindful eating, being in nature and deep breathing are just some examples of sense engaging activities that can help us tune into our bodies.

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CONNECT WITH OTHER MIXED WOMEN

On a human level, being seen, heard and understood is a crucial part of our existence and when this need is appropriately met, it improves our well-being and elicits feelings of stability and safety. Connecting to others who share similar experiences can support us to feel exactly this.

Although all mixed women do not share identical experiences, there are themes and relatable elements that connect us. Having access to people who can make space for our stories whilst sharing their own is a unique and invaluable experience.

If opportunities to connect with other mixed women in person are limited, connect through literature. When we read articles and books detailing the mixed experience of other women, it provides a chance to take their stories in, identify with them and honour our own.

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PLACE BOUNDARIES ON EXTERNAL LABELS

Societal attitudes to mixedness often disregard our ability to hold multiple racial identities. These beliefs have contributed to ongoing conversations which trivialise, reduce and generalise the mixed experience. As a result, we contend with a number of external labels based on stereotypes and assumptions. Acknowledging our boundaries in this area is an important part of healing.

Boundaries will look different for everyone and change over time. Stopping people from asking intrusive questions, calling family members out for encouraging stereotypes or quietly removing ourselves when we no longer want to engage in an environment are all examples of honouring boundaries.

Irrespective of how we do it, understanding where we draw the line in order to look after ourselves is the priority here.

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CONNECT WITH YOUR WHOLE SELF

As mixed women, we will have undoubtedly experienced splitting or separating parts of who we are. Sometimes by choice, sometimes convenience and other times survival. The mixed experience often includes outside influence of splitting, as societal ideas about who we are and who we 'should be' are projected into our individual journeys.

Integrating the parts of who we are is the ultimate aim in any healing journey, it is even more important in ours given how persistent splitting can be.

Starting to explore who we are in our completeness is the first step. This includes our values, passions, traits and desires.

Focusing on acknowledging our whole self and not just the 'acceptable' parts of who we are is how we move towards integration.

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RECONNECT WITH PARTS OF YOUR MIXEDNESS

A common element of the mixed experience is not accessing parts of our mixedness. This is due to a variety of reasons, but is generally influenced by our individual experience growing up mixed, which includes the environments we were raised in and the people we encountered.

We may have consciously or unconsciously hidden or ignored parts of our mixedness in order to survive, or we might not have had the resources growing up to fully access parts of it.

Regardless of the reasons, as adults we have the opportunity to choose to reclaim these parts by reconnecting with them in different ways.

In the same way connecting with our whole self encourages integration, reclaiming parts of who we are can feel like a radical act of self-acceptance.

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INCORPORATE JOY, ALWAYS

Joy is like the secret ingredient to the healing journey recipe. Arguably one of the most important components of self-work.

How utterly bleak is the idea that a healing journey is full of processing painful memories over and over until we feel a shift somewhere? In addition to feeling quite dispiriting, this idea just isn't realistic.

Healing is ongoing, it is lifelong and multifaceted. It looks and feels different for everyone, and includes a multitude of emotions. Joy is particularly important to focus on because it can connect us directly to our inner child. Light hearted, playful, fun and freeing moments feed our inner child, and healing just wouldn't be the same without it.

Discovering the people, practises, places and parts of us that help us access joy has to be made a priority.

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This eBook is a free downloadable resource. 2023.

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