

On My OHM™: A Reset for Real Ones by Kheperah Kears

We're excited to introduce On My OHM™, a wellness column by the incomparable Kheperah Kears. This space is dedicated to supporting our leaders—who give so much to so many—with resources and tools to nurture both personal and organizational well-being. This Month's Theme: Rooted & Unshakable

What Redwoods Teach Us About Staying Up When Everything's Shaky. Redwood trees — among the tallest on Earth — don't stand because their roots run deep. They stand for centuries because their roots grow wide and interlock with the trees around them. When storms hit, they hold each other down. Literally.

They're not strong because they stand alone. They're unshakable because they're connected.

Right now, CVI organizations across the nation are facing massive budget cuts. Many of us have felt the shake — personally, professionally, spiritually. The stress is real. The uncertainty is real. And yet... the violence hasn't paused. The work continues. The weight hasn't lifted.

In moments like this — when the winds of change blow and systems shake — may we remember:

Our power doesn't come from how tall we stand. It comes from how deeply we stay linked together.

*When systems collapse, our ecosystems rise.
When one gate closes, the village opens.*

This Mental Health Awareness Month isn't just a call to wellness — it's a call to **interdependence**. Not just **mental health awareness**, but **self-awareness**.

One of the most powerful forms of awareness we can build is knowing when we've been pulled "out" of ourselves — and how to come back home.

Sometimes that connection looks like showing up for your team or community. Other times, it means sitting in stillness, breathing deep, and remembering who you are.

This month's wellness drop is designed to help you stay rooted, not rattled.
Let's reset. Let's regulate. Let's rise — together.

To guide that reset, **we're tapping into the Align. Alkaline. ReMind.™ method** — simple, powerful practices for self-regulation that actually stick.

1. ALIGN | Grounded Awareness & Self Check-Ins

When stress hits, your body holds on — sometimes without you even knowing it. This quick reset helps you drop back into yourself and signal safety to your nervous system.



The “Come Back Home” Breath. *A somatic reset*

- Inhale slowly and tighten everything — your feet, legs, fists, jaw, shoulders, even your face (yup, screwface included).
- Hold that tightness for 4–6 seconds — feel the pressure.
- Exhale slowly and release — let it all go. Drop your shoulders. Unclench your jaw. Soften your hands.
- Repeat 2–3x, or until you feel yourself land.

If you can feel your breath — you’re already back in your body. **This practice helps release stress, regulate your system, and bring you back to yourself** — fast. No mat, no music, no perfect posture. Just breath and presence.

The Science: When you pause to align, you activate the part of your brain responsible for clarity, decision-making, and emotional control — shifting from reaction to regulation.

2. ALKALINE: Cooling the System & Fueling Resilience

“How do I cool down when I feel the heat building?”

Stress heats up the body — it spikes cortisol, speeds your heart, locks your jaw, and shortens your fuse.

Cucumber = Nature's Cooling Agent. Cucumbers are over 95% water and support your **kidneys**, which regulate how your body holds — and releases — stress.



How to Stay Cool Under Pressure:

- Cucumber + mint water (steep overnight & sip all day)
- Cucumber salad with olive oil, lemon, Celtic salt, and herbs
- Add sliced cucumbers to a fruit bowl with watermelon, apples, pears + Ceylon cinnamon
- Or just peel one and eat it raw — simple, healing, hydrating

Quick Herb Infusions: Toss fresh in water or tea— and sip your way back to balance:

- Mint – cools the body + calms the system
- Hibiscus – lowers blood pressure + hydrates
- Lemon Balm – soothes stress + clears mental fog

The Science: Hydrated = Regulated. When you're dehydrated, your nerves fire faster — that's why you feel "on edge." Hydration keeps your nervous system flexible, not fried.

3. RE-MIND: Clarity & Mental Reset

You detox your body — but what about your mind?

Every scroll, clip, and headline becomes part of your **neural ecosystem**. And just like junk food, **processed content causes inflammation** — in your thoughts, your relationships, and your spirit.



Take the “Mental Health Diet” Challenge: Start with just 1 day

- No gossip blogs
- No trauma-TV
- No doomscrolling the news
- No “just one episode” rabbit holes

Notice:

- What you reach for, What you repeat, or What you feel pulled to share (even when it’s “just funny”)
- Then ask yourself: “Is it true?”, “Is it kind?”, “Is it necessary?”, “Is it healing?”

The Science: Your brain rewires itself based on what you feed it. The more you practice peace, the more peace becomes your *default setting*.

Next time you catch yourself spiraling:

- Stop.
- Identify the thought.
- Ask: “*What else could be true?*”
- Say the reframe out loud.

This is how we shift the narrative — and reset the mind to work *for us*, not against us.