

## AD99 SOLUTIONS

AD99 Solutions was founded in 2019 by Pittsburgh native and Defensive Tackle for the Los Angeles Rams, Aaron Donald. The organization's mission is to change the trajectory of under-resourced youth by providing opportunities in accessible, safe environments so they are empowered academically, socially, and athletically.

According to The Allegheny County Department of Human Services 2022 report:

**21x**

Black people have an average homicide victimization rate that is 21 times the rate for White residents.

**86%**

86% of homicides from 2016 through 2021 were committed with a firearm.

**66%**

Despite only representing 6% of the County's population, on average, Black males represent 66% of annual homicide victims.

## AD99 SOLUTIONS SUPPORTS WEAR ORANGE

AD99 Solutions advocates for the support of quality youth violence prevention programs and sensible gun laws. We call for the passing of common-sense gun legislation that will protect children and vulnerable populations and communities. One more life lost to gun violence is a life too many. To learn more about AD99 Solutions' mission of providing preventive services to under-represented and under-resourced populations and communities, visit [AD99.org](http://AD99.org).

## WHY WE WEAR ORANGE

- We Wear Orange because Black Americans are nearly 12 times more likely to die by gun homicide than White Americans and 18 times more likely to be shot and wounded.
- We Wear Orange because nearly 25,000 Americans die by gun suicide each year (68 a day). About six out of every 10 gun deaths are suicides, and more than 700 children die by suicide with a gun each year.
- We Wear Orange because firearms are the leading cause of death for American children and teens. Nearly 4,000 children and teens are shot and killed annually, and 15,000 are shot and wounded.

## AD99 SOLUTIONS

### WEAR ORANGE 2023: PATHWAY TO HEALING

#### YOGA HEALS

There's scientific evidence of the healing powers of yoga. Specifically, "restoration yoga" helps manage stress, increase mental wellness, regulate metabolism, boost the immune system, and improve sleep quality. Restoration yoga is a series of poses that combines yoga, movement, and breathing techniques, where your body gently eases into and remains in stances for some time. It stretches and relaxes the body and calms the mind.

Below are restoration yoga poses that can fuel transformative healing.



CHILD POSE



CHILD POSE



EXTENDED ONE-LEGGED  
PIGEON POSE



CORPSE POSE

## “CALM THE MIND”

Sorting through the overwhelming emotions related to grief can impact your brain functions. Grief changes our brain chemistry, leading to difficulty with concentration and memory (known as “brain fog”). Intrusive and ruminating thoughts are common when processing loss. Successful healing practices like yoga and other meditation techniques are controlling and calming the mind. If your mind is overactive, here are a few tips:

### FOCUS ON YOUR BREATHING.

4-7-8 is a breathing technique that reduces stress and anxiety. The 4-7-8 breathing technique involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.

### FOCUS ON THE “HERE AND NOW.”

Being “present” entails not multitasking

### • FOCUS ON THE SENSATIONS OF YOUR BODY.

- To become “present” through physical sensations, shift your attention from your thoughts to “scanning your body.” Starting with the top of your head and moving down your body, ask yourself “What/How am I feeling?” The goal isn’t necessarily to change anything but rather notice how your body feels.
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## THE FIVE STAGES OF A GRIEVING HEART

Swiss-American psychiatrist Dr. Elisabeth Kubler-Ross created a well-known psychology-based model on grief recovery called “Five Stages of Grief.”

### DENIAL

“I can’t believe this is happening!”

### ANGER

“Why is this happening?”

### BARGAINING

“If I did things differently, then she’d be alive.”

### DEPRESSION

“I don’t want to live life without him.”

### ACCEPTANCE

“I cherish our moments - the laughs and the love - that we had.”

Grief is not a linear process. This means that you’re likely not to experience the stages of grief in chronological order. In fact, you may go from anger to depression in a short span.

## STAGES OF GRIEF



### WHAT TO KNOW ALONG THE PATHWAY TO HEALING

- There is no time limit to grief.
- There are different types of grief.
- Grief is a deeply impactful, personal experience.
- It's "okay" to validate your feelings.
- Prolonged isolation is the "enemy" of healing.
- Acceptance and healing is possible.
- Healing may be one of the most difficult choices you'll ever make. Make the choice anyway.