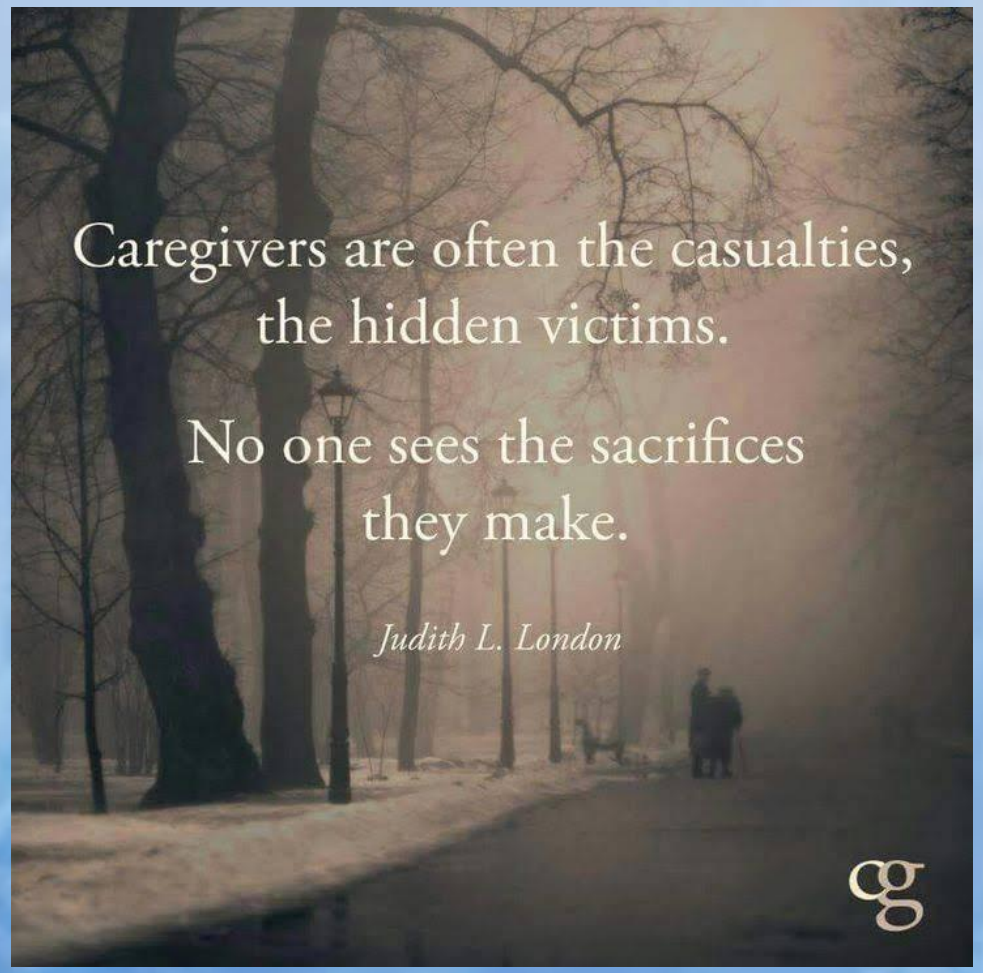
Care for the Caregivers

Taking Care of Ourselves and One Another.

Quote

“There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need a caregiver.” — Rosalyn Carter

Quote


Caregivers are often the casualties,
the hidden victims.
No one sees the sacrifices
they make.
Judith L. London

Podcast Clip

- **EP 129: Navigating the Now: Self Care for Social Workers**
- In this special episode for Mental Health Awareness Month, we will delve into the intersection of mental health awareness and social work practice, providing insights into self-care strategies in today's challenging climate. Nick Szubiak, LCSW is the Founder of NSI Strategies, an organization that provides support to integrated healthcare environments.
- https://podcasts.apple.com/us/podcast/ep-129-navigating-the-now-self-care-for-social-workers/id1353839801?i=1000710450972
- https://naswsocialworktalks.libsyn.com/ep-129-navigating-the-now-self-care-for-social-workers

› Self-Care, Burnout Prevention & Mental Health

- **Mindfulness & Resilience Apps**: Guided programs such as Headspace, Calm, Happify, and SuperBetter help manage acute stress.
- **Social Work License Map Self-Care Guide**: Compiles specialized toolkits, books (such as works by Neff or Grise-Owens), and podcasts focused on trauma stewardship and combatting fatigue.
- **Peer Support & Consultation**: Post-licensure peer groups, trauma-informed consultation circles, and spaces like local community or online worker collectives help reduce isolation.

Immediate Crisis & Mental Health Resources

- **988 Suicide & Crisis Lifeline:** Call or text **988** (available free, confidential, and 24/7/365) if you are feeling overwhelmed or in crisis.
- **Employee Assistance Programs (EAPs):** Check with your organization for confidential short-term counseling and mental health benefits.
- **Therapy Aid Coalition:** Offers mental health support options for frontline and healthcare/social service workers.

Individual Coping & Self-Care Strategies

- **Establish Firm Boundaries:** Separate work hours from personal life, limit after-hours communications, and practice saying no to extra, unmanageable commitments.
- **Process the Stress Cycle:** Complete physical and emotional stress cycles through regular exercise, deep breathing, yoga, creative expression, or spending time outdoors.
- **Recognize Compassion Fatigue Signs:** Monitor for symptoms like cynicism, exhaustion, physical tension, or emotional numbness lasting more than two weeks, and talk to a peer or supervisor.
- **Use Digital Tools:** Mindfulness and resilience-building apps like **Headspace**, **Calm**, and **SuperBetter** can help manage daily acute stress. Explore additional guidance and toolkits via the Resources for Social Workers Guide.

Now for Some Fun!!!



As a Token of Our Esteem…

What each of you do for people on a daily basis is TREMENDOUS! This is on top of your many additional responsibilities with your own families and many other tasks. As a small way to say "thank you", the SOC is offering any member, a $25 Walmart E-Card. Please email me (Jennifer) what email address you would like for me to send the card to. Do something nice for yourself!