

MSW SELF CARE NEWSLETTER

FEBRUARY 2017

SELF CARE CORNER

Social workers talk a great deal about self-care. We know it is important to take care of ourselves—otherwise there is no way we can be of service to anyone else. However, in my experience, social workers are not always very good at self-care; we tend to be more talk than action.

So, what are useful ways to think about and engage in self-care? Everyone must find their own unique path, but one way to begin is grounded in our own social work biopsychosocial framework. Honest self-reflection about your status and how you are taking care of your physical health, your emotional health, and your social/relational health is a good way to structure an assessment of your self-care needs.

Based on a good assessment, the next step is building a self-care plan. There are lots of resources for this. One of my favorites is the self-care web site created by the University of Buffalo School of Social Work. Their *Self-Care Starter Kit* is wonderful, with lots of information and a great self-care plan template (<https://socialwork.buffalo.edu/resources/self-care-starter-kit.html>).

Finally, even though it is called self-care, no one can do this alone. Make sure you reach out to friends and family and ask them to support you in your self-care work...and reach out to your colleagues to support and encourage them in their self-care as well.

Take good care—the world needs excellent social workers like you!

~Dean Scheyett

Our Favorites:

Feel Good Movies
Owen: *Clueless*

Hannah: *Pride & Prejudice*

Star: *Steel Magnolias*

Ben: *Princess Bride*

Katie: *Homeward Bound*

Jenn: *Now & Then*

Shawna: *Beauty & The Beast*

Leslie: *Finding Nemo*

Molly:
Pitch Perfect

***Indicates a Free Event**

EVENTS IN ATHENS

- **Mindfulness Meditation:** GMOA, Every Other Friday, 9:30-10:30am*
- **Mental Health Roundtable:** Nuci's Space, Every Monday, 5:30-7:30 pm*
- **Gym Dogs Meet:** Coliseum, Feb 3, 7pm*
- **Full Moon Hike:** Botanical Gardens, Feb 11, 7pm, \$5
- **Free Movies:** Tate, Weekly*
- **Open Mic Night:** Hendershot's, Every Monday, 8pm*
- **Stress & Anxiety Workshop:** Ramsey 213, Every Monday, 12:30-1:30pm*
- **Yoga for Stress Relief:** Tate 473, Every Tuesday, 12:30-1:30pm*
- **Fempowerment:** Tate 352, Every Thursday 5:15-6:15pm*