

WELLNESS TIPS

self-care at home

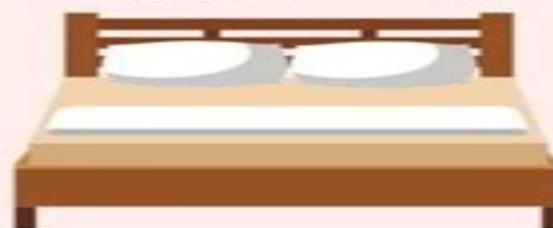
SLEEP
7-8 HOURS



DRINK LOTS OF
WATER & TAKE
YOUR VITAMINS



MAKE YOUR BED



DIFFUSE
ESSENTIAL OILS



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GRATITUDE JOURNAL



GET A
HOUSEPLANT



STRETCH &
EXERCISE



GET CREATIVE



WALK OUTSIDE &
GET SOME VITAMIN D



HAVE A ZOOM
HAPPY HOUR
W/ FRIENDS



HAVE SOME WINE & TAKE A BUBBLE BATH



Tricks Self Help

Liying Dong

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Shared Mass Trauma in Social Work Ann Goelitz,2022-08-25 This edited volume looks at the phenomenon of shared trauma and how it affects social workers and their clients alike Bringing together established voices from the field of social work Shared Mass Trauma in Social Work presents ideas of how to provide resilient care and practice while social workers and their clients are both experiencing the same mass trauma Social workers are often on the front line when community trauma occurs and the boundary between their experiences and those of clients can become blurred In this timely resource Ann Goelitz and the contributors aim to share both their findings and evidence based tools to help professionals look after themselves and their clients in times of turmoil Beginning by setting a conceptual framework for shared trauma and reviewing related research the contributors discuss the concept as it relates to events such as the coronavirus pandemic climate change and natural disasters police brutality and racism and war and terrorism Filled with case studies that bring the text to life chapters then move to the modalities of psychotherapy group work and community organizing before concluding with reflections and lessons learnt for future practice The glossary of terms sample syllabus and practical exercises to support training social workers are a bonus for educators Shared Mass Trauma in Social Work incorporates specific implications trauma informed care social work principles and practical tips to support training and established clinicians working in unprecedeted circumstances

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