



Self-Care When You Need It Most

Presenters: Janet DiGiorgio-Miller, PhD, and Arliss Kurtz, MSW, RSW

Recorded on: October 5, 2023

Length: 3 hours

I. 1 Hour and 30 minutes

- Introduction and overview
- Research on current impacts of the pandemic
- April 2023 survey of practitioner stress levels and its implications
- Helpful concepts/activities
- American Psychological Association on occupational stress
- Journaling

II. 1 hour and 30 minutes

- Balancing work and life
- Options for calming the mind
- Self-care
- Examining one's "non-negotiables"
- Strategies for distress tolerance

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