



Self-Care When You Need It Most

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

Date: October 5, 2023

Time: 11:00 AM to 2:15 PM ET (*All times East Coast USA Local Time*)

I. 11:00 a.m. – 12:30 p.m.

- 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. 12:30 p.m. -12:45 p.m.

- Break

III. 12:45 p.m. – 2:15 p.m.

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

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