

Intentional Practice of Self Care for SSW *“By Managing Our Self Care, We Welcome Happiness into Our Lives”

- Daily Wellness Check In
 - Practice Gratitude
- Personal and Professional Boundaries
- Physical, Mental, Spiritual Needs

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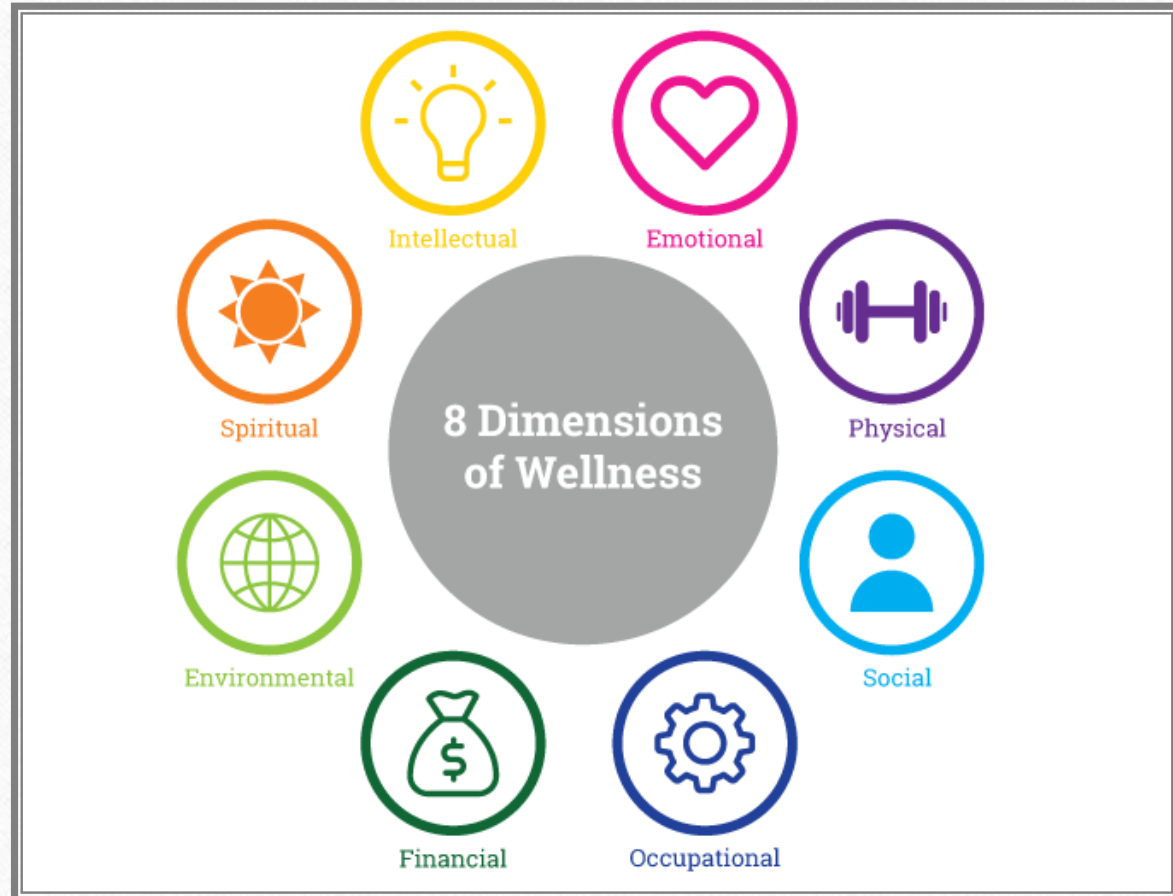
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FASSW Webinar

<https://www.fassw.org/>

Dimensions of Wellness (SAMHSA)

- Daily Check In
Which are feeling ok and which are not?
How do I know this?
Have I felt this way before? What helped?
If this is a new experience – what can I try?
Who can support me with this?



NASW Self Help



The Ten Laws Governing Authentic, Sustainable Self Care

1. By validating ourselves, we promote acceptance.
2. By validating others, we elevate ourselves.
3. By meeting our own mental, physical and spiritual needs, we provide care from a place of abundance not scarcity.
4. By practicing self-goodwill, we manifest it throughout our lives.
5. By honoring past traumas and hurts, we allow ourselves freedom from the pain that controls us.
6. By naming and taking ownership of the core issues that limit our growth, we create authenticity.
7. By "doing the work," we reclaim the personal power this is rightfully ours.
8. By defining our personal boundaries, we teach others how to respect us.
9. By creating a Personal Mission Statement, we define ourselves.
10. By managing our self care, we welcome happiness into our lives.

- [Self-Care-During-the-Coronavirus-Pandemic](#)
- [Faith-Based-and-Secular-Meditation](#)
- [Insight Timer Meditation App](#)
- [Yoga Practice](#)
- [Fitness Workouts](#)
- [School Mental Health Wednesdays | April 22 & 29 | Pacific Southwest MHTTC](#)

Counseling Resources

Employee Assistance Program provide **free**, voluntary -- or self-referred, short-term -- counseling services to employees and their families.

Substance Abuse and Mental Health Services Administration's Disaster Distress Hotline: Call 1-800-985-5990 or text TalkWithUs to 66746

Crisis Text Line available 24/7: Text Home to 741741 you will be connected with a trained counselor

NAMI Family-to-Family is a **free**, 8-session educational program for family, significant others and friends of people with mental health conditions. 800-950-**NAMI**

[NAMI Family-to-Family](#)

[Gay, Lesbian, Bisexual, Transgender, Queer Resources](#)

[Behavioral Health Services Treatment Locator](#)

Mindfulness Resources For Parents

- [Mindful.org](https://www.mindful.org) Mindfulness Breathing & Meditation for great resources on practicing mindfulness including free mindfulness breathing strategies and meditations.
- Listen to Calming Music (create your own playlist and share it with others)
- Positive Thoughts (Create a weekly gratitude journal, where each day you write something down you are grateful)
- Watch an inspiring movie ([Click here for a recommended list](#))
- [Down Dog Yoga](#) now offering their app free through July 1st to teachers and students)
- [Best 15 Mindful Apps of 2020](#)



Resources For Parents

- [FDLRS Parent Webinars](#)
- [National Alliance for Grieving Children Webinars for Parents](#)
- [ChildMind Institute Talking to Kids about Corona Virus](#)
- [PBS Kids](#)

- [FDLRS Parenting Services](#)

Parent services include assistance in the development of family-friendly programs, training and support for services for children with disabilities, and the support of partnerships between schools and parents to support student achievement.

- [FDLRS Resource Directory](#)

This resource directory is a general list of links that may be helpful for educators and parents of children who have disabilities.

Resources for Parents

[NAGC Covid 19 Resources for Parents of Gifted Students](#)

[Support for Kids With ADHD During the Corona Virus Crisis](#)

[Social Emotional Resources for Parents](#)

[Supporting Individuals with Autism Through Uncertain Times](#)

[8 Tips for Working from Home with Kids During Covid-19](#)

[Helping Teens with Grief](#)

[Internet Safety for Kids](#)

- **Internet & Cellular Data**
(schoolmentalhealth.org Covid 19 Resources)

Some home internet and [cellular service providers](#) are improving their data plans, temporarily providing free internet, or temporarily waiving fees so more people can access quality internet without disruption at this time.

Learn what your provider(s) are doing:

[Comcast / Xfinity](#)

[Verizon](#)

[AT&T](#)

[T-Mobile](#)

[Sprint](#)

Resources For SSW



- [MHTTC Webinars Responding-Covid-19-School-Mental-Health-Resources](#)
- [Center for School Mental Health Technology to Support School Mental Health – Tier 1 Resources](#)
- [Guidance for Educators Supporting Students](#)
- [Educator Mental Health Literacy](#)
- [SSWAA Covid-19 Resources](#)

- **Technology**

Learning Platforms

Meeting Platforms

Apps

Communication

Personal Devices / Wearables

Use to Support Boundaries and Self Care Habits

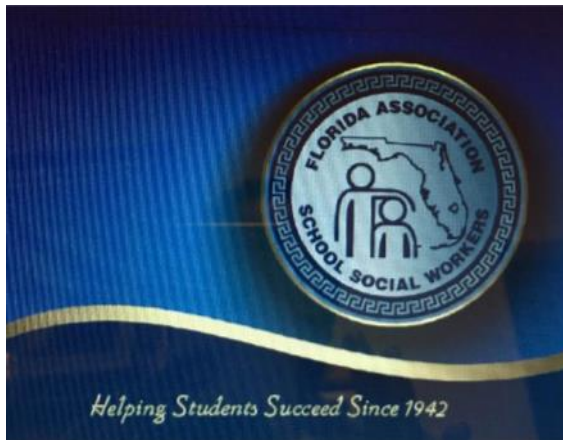


PD for SSW

- [FDLRS Educators PD](#)
- [Find Your Local FDLRS Center](#)
- [BEESS Portal to Professional Development Alternatives](#)
- [Strategic Instruction Model \(SIM\) ©](#)
- [Florida's State Personnel Development Grant \(SPDG\)](#)

Service Delivery Training for SSW

<https://www.fassw.org/>



- [Telehealth Training Webinars MHTTC](#)
- [School Social Work Network Webinars](#)
- [PBIS Rewards During Distance Learning](#)