

Questions Asked During Live Webinar Broadcast on 1/31/2021



Targeted Self-Care for Uniquely Stressful Times

Presenter: Holly Sawyer, PhD, LPC, CAADC, NCC
and Valerie Daniel, PhD, LCSW

Do you have a Minority Stress Self-Assessment tool?

Dr. Holly: No, but you can use the Maslach Burnout Inventory (MBI) Self-Test

Can you explain further the difference between self-boundaries and boundaries to others?

Dr. Holly: Self-boundaries are boundaries you impose on yourself. Boundaries are those you place on others. An example of a boundary would be saying “no” to someone that wants you to do something you don’t want to do. An example of a self-boundary would be saying “no” to yourself over something you know you shouldn’t do.

Dr. Val: Self-boundaries are internal, consciously aware behaviors that are focused on self-love and self-respect. Boundaries with others are limitations you put on how much toxicity you allow yourself to tolerate from other people. This can look like learning to say “no.”

What do you think about working in collaboration with recreation therapists to key in on how our leisure/recreation helps contribute to balance & over all well-being in our lives? Similarly, what are your thoughts about working with life coaches (in my case leisure coach) to help create self-care plans and cultivate healthy leisure life styles?

Dr. Holly Self-care applies to anyone regardless of their profession. Creating self-care plans for your clients as a means to cultivate a healthy leisure life style is a great idea.

Dr. Val: A holistic approach to self-care and life balance can include life coaches and a variety of other services/providers. No matter how you approach recreation and life balance, seeking help to learn the best methods to take care of you are always a good part of a self-care plan.

I am thinking of having a support group for my residents but not sure how to get it started. Any suggestions?

Dr. Val: To start, assess what kind of support group it will be and what need(s) is the group trying to meet for your residents. Once you have a focus then you can develop a curriculum based on the group being an ongoing or short-term group.

How do you spend time with friends and family during social distancing?

Dr. Holly: Face-time, text and seeing select family/friends face-to-face.

Dr. Val: My practice has been to not spend time with family and friends during this time. When it has been necessary to be around family and friends, it’s always with masks on and maintaining a safe distance.

I am having a difficult time with motivating myself to engage in self-care. Concentration is challenging too. How can I find COVID acceptable social groups?

Dr. Holly: Online in various social media platforms like LinkedIn, Facebook, Eventbrite, etc.

Dr. Val: Try looking for groups that are affiliated with/sponsored by larger, well known groups and organizations. Check your local .gov website and see what’s being offered at your local level for socially safe gatherings.

There are so many risks that are on the web. How do you find safe groups?

A: See previous answer.

Dr Sawyer, can you speak more to self-boundaries and what good self-boundaries look like?

Dr. Holly: Saying no or yes to things that are healthy to your overall well-being. Engage in things, interact with people and go to places that rejuvenate and not drain you. If being around certain people helps with giving you a boost, do it. If going on a picnic alone rejuvenates you, do it. If saying “no” to people, places, and/or things that aren’t healthy is what will keep you sane and healthy, do it. It’s a matter of saying “yes” or “no” when you know you have to and sticking to those boundaries.

Is there a citation for PEMSS model to share?

Dr. Holly: No, I coined the model based on my own research.

I hear the request/ comments about the therapist considering leaving the field as a powerful trauma response. What can we as NAADAC members do to support folks so impacted by systemic racism here and now?

Dr. Holly: Create a safe platform for those impacted to share either openly or anonymously and then ask them what their specific needs are then go from there.

Dr. Val: Acknowledge that racism and microaggressions exist and develop a plan to address the systemic institutional bias that’s inherent in organizations, allow people of color to point out the imbalance and injustices, and learn from it without being offended and claiming victimhood.

When you say "be cautious...not fearful"... what are some concrete suggestions?

Dr. Holly: Being cautious means following any and all measures to remain safe during this pandemic. A lot of people became so paralyzed in fear that they shutdown and have created a high level of anxiety for themselves. If the rules are to practice social distancing, wear a mask, wash hands often, etc., do those things and still live life with caution that we are still in a pandemic versus in fear and not living life at all.

Dr. Val: Cautious, not fearful means not allowing fear to rule how you engage with life. So, allow yourself to step out of your comfort zone at times, try something new within reason of safety. Try something without being fearful that you might fail or not be successful. You will always have the opportunity to try it again.