



Social Workers: Generations Strong- Even in Uncertain Times

A Note from the Director



Greetings,

682,000 social workers across the nation act as advocates, champions and leaders who make our society a better place to live. They often work with our most challenging citizens in what feels like a thankless job. March is [Professional Social Work Month](#). Let's take this time to celebrate these great professionals! The theme for Social Work Month 2020 is **Social Workers: Generations Strong**.

Like most of us, social workers are having to navigate balancing care for

themselves and their families with employment expectations and new community norms like self-isolation and social distancing. Self-care is critical in stressful times like these when our normal routines are disrupted.

I hope you'll use the tips and resources below to support yourself and others in your networks as we work together through this crisis. On behalf of the Resource Center Team, I wish you all health and wellness!

Best regards,

Robyn Cenizal

Robyn Cenizal, CFLE
Project Director

Tips of the Month

Hand washing, social distancing, and self-isolation are constantly discussed in the news. As we navigate school closings and self-isolation, we offer additional tips and resources below to support self-care:

- **Try to develop and maintain some type of routine.** Establishing regular times for waking up, going to bed and activities like work and studying will help things run smoothly and make the transition easier when this period ends.
- **Take regular breaks.** Especially if you're new to working from home or have younger children who are home from school. Breaks can ease stress for you and the children.
- **Exercise.** With most gyms closed, it can be easy to get out of the workout routine. Go for a walk, practice yoga, or check out workout routines online that you can do at home. Biking or walking with kids can be a nice distraction during the day.
- **Eat Healthy.** It can be tempting with the kitchen so close to snack more often. Making sure you have healthy options on hand is not only good for the waistline, but also mental health. Many studies are drawing a strong connection between mental health and nutrition. Consider hummus and baby carrots to satisfy that salty/crunchy urge.
- **Stay Connected.** Make an effort to reach out to friends, coworkers and loved

ones virtually as well. FaceTime, Skype or even just a phone conversation can help reduce the feeling of isolation. Invite children to draw pictures or write cards to be sent to elderly relatives who are isolated.

Featured Resources

The Resource Center's **Virtual Library** has collected more than 3,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

Social Service Providers Have Families Too: Healthy Marriage and Relationship Education as Personal and Professional Development.

This fact sheet discusses how safety-net service providers can use healthy marriage and relationship skills to improve their own relationships, work performance, and ability to serve their clients. (Author abstract)

Strengthen Your Relationship In these times of stress, relationships can be challenged. This section highlights the elements of a healthy relationship as well as, the skills necessary to build and maintain those relationships. For example, interpersonal skills like communication and conflict management are just as important in family relationships as they are in the workplace, schools and community.

Amid School Closures, Barbara Bush Foundation Creates **Educational Toolkit** to Help Parents and Children Learn Together at Home. It includes virtual classroom resources, tools for parent and even has a collection of over 100 video read-alongs from old classics like *Where the Wild Things Are* to newer favorites like *Little Jumbo*.

You don't have to leave your couch to see some of America's most glorious landscapes. Powered by Google Earth, a whole bunch of National Parks offer free virtual tours. **Check out some of the highlights!**

Oprah's Super Soul Podcast Series includes a collection of free motivational audio podcasts. Hear Oprah's personal selection of her interviews with thought-leaders, best-selling authors, spiritual luminaries, as well as health and wellness experts. All designed to light you up, guide you through life's big questions and help bring you one step closer to your best self. Perfect for enjoying on your walks or just as a distraction from the

news.

Virtual concerts, plays, museums and other culture you can enjoy from home. **CNN Style** looks at some of the most fascinating, immersive concerts, museum tours and other virtual experiences you can explore from the comfort of your own couch. They also offer suggestions for creating an experience out of the viewing.

Events

The Resource Center's **Events Calendar** offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

2020 National Association of Social Workers (NASW) National Conference

June 14-17, *Washington, DC*

Join more than 2,000 social workers, like-minded professionals, and social work thought leaders for four days of unparalleled opportunities for professional development, continuing education, networking, and thought-provoking conversations tackling the most pressing issues facing the social work profession across the world.

Feedback and Technical Assistance

To learn more about the Resource Center, visit us at **www.healthymarriageandfamilies.org**.

The National Resource Center for Healthy Marriage and Families supports human service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please **[contact us](#)** and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our **[Training and Technical Assistance page](#)**.

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