

# SOCIAL WORK

# BREAKS BARRIERS

## Self-Care Newsletter

Vol. 06

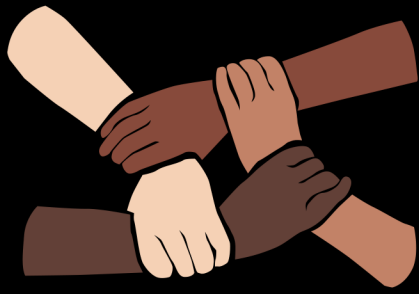
March 2023

### Introduction

This newsletter highlights this year's theme for Social Work Month. It embodies how social workers help empower individuals, families, communities, and society to overcome hurdles preventing them from achieving better well-being.

Within the newsletter, we discuss the negative consequences that can come from the work of "breaking Barriers" and how self-care can be a protective factor. We then discuss how self-care should be vital as an advocate for change and the School of Social Work's statement about diversity and inclusion in social work practice.





# Diversity, Inclusion, Equity Statement



The **Rutgers School of Social Work** prides itself on inclusion, equity, and diversity for its students, neighborhoods, and communities we are serving. It is our responsibility, within the field of Self-Care especially, to be inclusive of others' intersectional identities and be able to provide equitable and inclusive self-care strategies to those seeking it. To be equitable means identifying the barriers prohibiting the educational advancements and materials associated with the School of Social Work, providing the most updated research on topics covered, and being accessible to all through eliminating oppression and barriers.

Inclusiveness is incorporating our students' different intersectional identities into our education, advocacy, and support work. Nevertheless, providing space for students to feel safe, supported, and welcome to express their intersectional identities within the spaces we hold in person and virtually, including in classrooms, meetings, hallways, and throughout all Rutgers locations. To be diverse means to be aware, respectful, and welcoming to all identities, beliefs, values, and personal experiences. Not limited to race, ethnicity, gender identity, age, religion, language, ability status, sexual orientation, and socioeconomic status. Last, we want to advocate and support our students in these concepts and build awareness, allyship, accountability, and ACTION!



Embrace  
Equity

# Importance of Self-care for those Breaking the Barriers

You may be thinking, am I a part of those breaking the barriers? **The short answer is YES!**

Community Care is a part of self-care that emphasizes caring for our communities, where we advocate, organize, and utilize resources to empower those within our neighborhoods and cities. Community care is a critical part of breaking the barriers within the systems of oppression.



Social Workers enter the profession because of their strong desire to help empower individuals, families, communities, and our nation to overcome social issues that prevent them from reaching their full potential. A social worker aims to improve the social environments and the personal well-being of those oppressed.



## **Community Care on a micro level examples:**

1. Offering to babysit for a friend
2. Asking someone what kind of support they need during a difficult time
3. Cooking a meal for someone you know, just because
4. Creating a self-care kit for a friend, neighbor, or family member
5. Cooking or cleaning for a loved one who is going through a tough time
6. Carpooling
7. Asking for help from your support system when you need it (and reciprocating it)
8. Getting to know your neighbors

## **Community care on a macro level can look like:**

1. Voting
2. Speaking up against injustices
3. Donating to organizations in need
4. Volunteering
5. Addressing conflict when it arises in the workplace and other social settings
6. Creating or joining a support group
7. Hosting a community gathering





However, one thing that is not emphasized for people taking these roles to be able to create change- we need to be able to care for and nurture ourselves. We are susceptible to **compassion fatigue** which is when we are often in the roles of taking care of others, and they can potentially drain us of our energy. We are susceptible to what is known as **vicarious trauma**, similar to secondary trauma, which happens when we are dealing with others' traumatic experiences. To take care of ourselves, we must recharge ourselves by doing what we enjoy, among other things, and be consistent with our self-care. We hope you enjoy your spring break, and here are some examples of how you can take care of yourselves.



How to deal with compassion fatigue and secondary trauma - 8 Tips for Self-care and Love  
(VIDEO)



Different ways to care for ourselves:

**Prayer/Meditation**

**Attend Therapy**

**Exercise**

**Set Boundaries in work, relationships, etc.**

**Go on social outings/hang-out with friends.**

**Pamper Yourself**