



20/21 REFLECTIONS

Chapter 20 - Trauma Stewardship e-book

We started talking about Self Care last year, as the reality of COVID ushered in school closures and a change in life as we knew it, with a daily shift to crisis management and survival mode.

As we start to approach the light at the end of the tunnel, we can start to talk about self-care as a long-term strategy that we can use to enhance our effectiveness and our joy in this work. At SHHS, we have an opportunity to sustain ourselves, both individually and collectively.

The leadership team is pleased to gift you each an e-copy of Laura's latest book titled "The Age of Overwhelm," which offers concrete strategies to help us mitigate harm, cultivate our ability to be decent and equitable, and act with integrity. Please follow the instructions [in this link](#) to download the e-book.

Additionally, we will be sending out a couple laminated handouts which include the 2 mini-posters and a business card size titled the Tiny Survival Guide. These will be sent during February to your mailing address.

In May, we will be meeting with Laura again as a full SHHS team. We will have the opportunity to discuss the book with her as well as learn more about being Trauma Stewards. I am tremendously proud of your work, service and commitment to being the largest cadre of Student Health and Human Services professionals who are Trauma Resilient Informed in theory and practice.

I look forward to your Reflections as well. Please let me know how this framework is supporting your daily practice and let us know how Self Care Practice is supporting your wellbeing.

Sincerely,

Pia

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