

March Newsletter:



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True Care Mental Health Clinic LLC

History's notable social workers- *What did they do?*

Jane Addams (1860-1935)

Known as the “mother of social work” Addams was a progressive activist and leader in the women’s suffrage movement. She advocated for the need of women in government. Addam’s principles were to keep families safe and improve societal conditions. In 1920 she co-founded the ACLU, and in 1931 she became the first American woman to be awarded the Nobel Peace Prize.

Ida B. Wells (1862-1931)

Wells helped to create the foundations of modern social work. She was born into slavery to activist parents, and eventually went on to help found the NAACP. Wells was the first person to ever report on the lynching of African Americans and this led to anti-lynching campaigns across the nation. Her passion for social justice mainly surrounded racial and gender equality. We thank Ida B. Wells for her lifetime of service in the face of threats of violence.

“Social workers are essential to community well-being. As practitioners, social workers are trained to help people address personal and systemic barriers to optimal living. They are employed to effect positive change with individuals, families, groups and entire communities.”

-www.socialworkers.org

Channeling the “happy hormones” Our bodies produce four main hormones that regulate mood. These include:

-*Serotonin*; the mood stabilizer. Often associated with sleep, anxiety, mood, appetite/digestion, learning, and memory. Activate serotonin with probiotics or vitamin B complex. Other ways to get a serotonin boost are drinking green tea, natural sunlight, exercise, massage, meditation, time in nature, or cold showers. (cont. page 2)

“I am no longer accepting the things I cannot change. I am changing the things I cannot accept.”

-Angela Davis

Channeling the “happy hormones” continued:

-Dopamine; the reward chemical. Often associated with memory, learning, and motor function. Related to addiction, short term pleasure, and motivation. Activate dopamine by consuming nuts and seeds, bananas, avocados, green tea. You can also celebrate small victories and make achievable to do/task lists.

-Oxytocin; the love hormone. Often associated with intimacy, trust, mutual connection, building healthy bonds. Can strengthen your immune system. This hormone is essential for childbirth, breastfeeding, and a strong parent-child bond. Activate by acts of self-care, hand holding, hugs, interacting with children or animals, give a compliment, self-massage, consensual and safe intimacy.

-Endorphins; the pain killer. Associated with chronic pain/headaches, pain tolerance. This hormone is released in response to pain and stress, it alleviates depression and anxiety. Active endorphins with laughter, exercise, safe and consensual intimacy, comedy, dark chocolate, spicy foods, essential oils like lavender, rose, or vanilla.

By: Elaina B, senior clinician

Parenting full time at home? Here are some tips on how to use consequences

-Create a few simple and clearly defined rules and the consequences of breaking them. Children can have a hard time understanding a long or complex list of rules, but there is also no chance of success if no rules are ever established.

-Always follow through. Consequences become meaningless if they're not

followed up on. This will lead to more problems down the road for your relationship with your child.

-Don't overdo it. Many parents have a habit of dishing out extreme consequences in the heat of the moment. When punishments are harsher than what is appropriate, most parents let their children off the hook once they cool down. This sets up your child to believe consequences will never be taken seriously.

By: Brianna G, therapist

How to safely thank a social worker during a pandemic:

With office buildings empty and telehealth allowing social workers and therapists to work remotely, you may be wondering how you can thank a social worker without seeing them in person. Here are a few ideas for the social workers in your life-

-Send a thoughtful email or e-card. Words of gratitude and encouragement go a long way.

-Check in on a social worker. All day long their jobs are focused on how other people are feeling, so they really appreciate it when their own feelings are considered.



See you next month!