Workforce Wellbeing
Centering Yourself to Better Support Others
Speakers

SPEAKER
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The burnout and retention problem in child welfare is enormous, and it has real consequences for families.
Youth % chance of permanency by number of social worker changes

Flower, McDonald & Sumski (2005)
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Working in child welfare is tough, but not for the reasons you might expect.

It’s more this... than this.
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The pain will come. Our choice is to face it or numb it.
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Resilience and wellbeing can be practiced and learned.

There is good news!
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**Wellbeing Actions**

1. **GET IT OUT**
   - Physical discharge

2. **FILL IT UP**
   - Seek joyful actions

3. **REARRANGE IT**
   - Change your thoughts

4. **PROTECT IT**
   - Set limits and boundaries
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GET IT OUT with physical discharge.
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FILL IT UP with joyful actions.
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REARRANGE IT for perspective.

IT IS NOT HAPPY PEOPLE WHO ARE THANKFUL. IT IS THANKFUL PEOPLE WHO ARE HAPPY.
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PROTECT IT for endurance.

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Who is taking care of you?
Hands down
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So how do YOU protect yourself?

1. GET IT OUT
2. FILL IT UP
3. REARRANGE IT
4. PROTECT IT

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Discussion

• Please type questions into the chat box
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Get Social with Alia

@AliaInnovations

Facebook  Twitter  Instagram

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Amelia’s TEDx Talk

”The Human Need for Belonging”

www.aliainnovations.org
Resources


Thank You and Next Steps

Thank you for your participation!

How useful was this session?

Additional Comments: hello@CANTASD.org

Upcoming:

April 17: Integrating Mindful Awareness Strategies to Support Well-Being and Resiliency in the Child Welfare Workforce

NCCAN April 24-26
• 3 Plenary Sessions
• 5 Master Sessions

July 9: Creating the UnSystem for Child Abuse and Neglect
Fill your bucket.