

MMHCA BI

THE OFFICIAL NEWSLETTER OF MICHIGAN MENTAL HEALTH COUNSELORS ASSOCIATION **BRIDGING INITIATIVE**



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"protect counselors like me"

Welcome MMHCA Students!

Hello MMHCA Bridging Initiative counseling student,

We are excited to offer you this newsletter especially designed to help build your toolkit as an upcoming practitioner. In this first issue, you will find tips on helping you to care for yourself while caring for others, especially during this holiday season. If there are topics of interest that you'd like to see us cover, please feel free to reach out to us at Mmhcab@gmail.com.

SELF-CARE TIPS

Self-care is important! It is often overlooked and down played in the lives of counselors today. Here you will find some tips on caring for yourself and others.

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READING SUGGESTIONS

Here you will find suggestions to read, along with our monthly topics. We invite you to let us know how these books, tips or articles help you in your journey to becoming a professional.

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SELF-CARE TIPS

BY ASHLAND COHORT CLASS OF 2021

- TAKE A WALK
- TAKE A LONG BATH OR SHOWER
- LISTEN TO UPBEAT MUSIC
- SEE A THERAPIST
- TREAT YOURSELF TO YOUR FAVORITE RESTAURANT
- DO YOGA OR TAI CHI
- EXERCISE OF ANY KIND
- EAT YOUR FAVORITE ICE CREAM
- HAVE A VIRTUAL GAME NIGHT
- MEDITATE
- GO OUTDOORS
- DO SOMETHING YOU LOVE
- TAKE BREAKS IN BETWEEN CLIENTS
- EAT A HEALTHY DIET
- GET PLENTY OF REST
- FOCUS ON YOUR BREATH
- JOURNAL ABOUT YOUR FEELINGS
- DANCE AROUND YOUR HOUSE FOR 20 MINS



SELF-CARE AS AN ETHICAL MANDATE

COUNSELING TODAY
APRIL 23, 2018

An article written by Bethany Bray allowed the readers to ask some questions to co-authors of the book Counselor Self-Care by Gerald Corey, Michelle Muratori, Jude T. Austin II, and Julius A. Austin. One reader asked, "Why, in your opinions, is self-care considered an ethical mandate?" Their answer included the following statement, "If we neglect caring for ourselves on a regular basis, our professional work suffers, so self-care is a basic tenet of ethical practice. If we are drained and depleted, we will not have much to give to those who need our time and presence."

"APPRECIATION IS THE KEY TO LOVE AND CARE FOR OURSELVES. THE MORE WE PRACTICE SELF NURTURING, THE DEEPER THE CAPACITY TO LOVE AND CARE FOR OTHERS."

- KRISTIN LOUISE GRANGER



READING SUGGESTIONS

Counselor Self-Care

by

Gerald Corey, Michelle Muratori, Jude T. Austin II,
Julius A. Austin

- *Student members, be on the lookout for monthly email connections -*

COMMENTS/SUGGESTIONS?

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