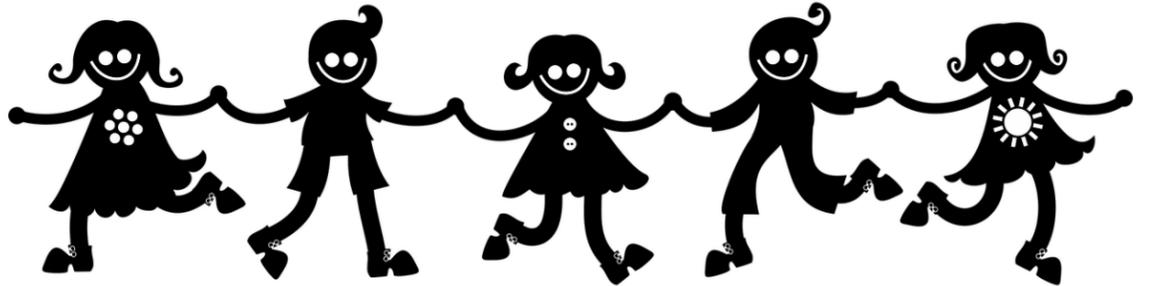




Pennsylvania Association for Play Therapy E-Newsletter

April 1, 2020



Self-Care in a Time of Crisis

By Courtney Alvarez, Ph.D., LPC, NCC, RPT-S

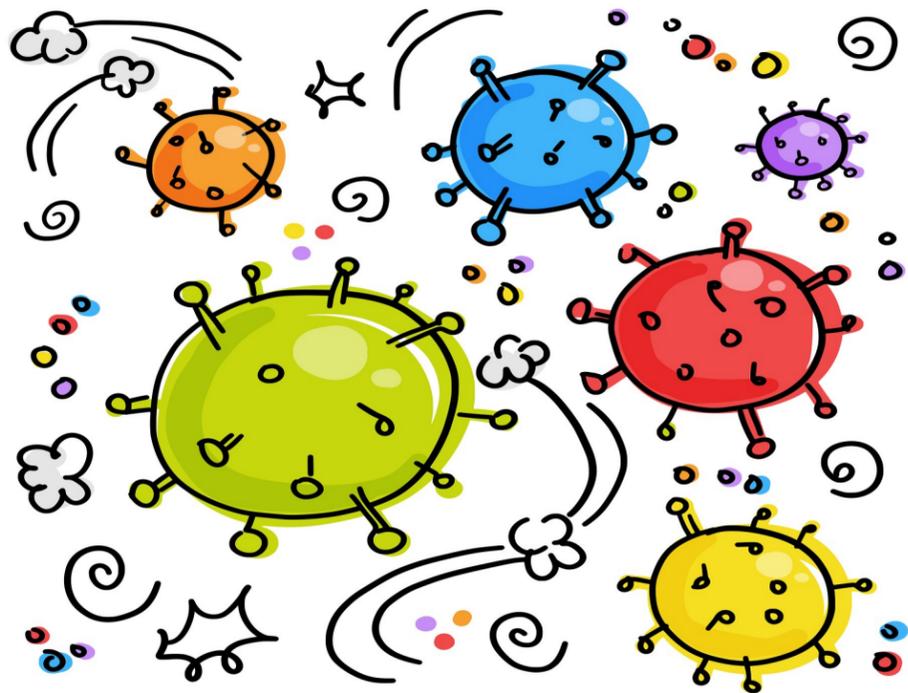
The last few weeks have been challenging for everyone, regardless of your ongoing work with and commitment to children, families, clients, students, supervisees, family members, friends, and colleagues. Some have quickly focused on updating skills related to telehealth, distance supervision, and distance education. Some have been quickly overwhelmed by the immediate tasks and decisions at hand. While, others have had to focus singly on the tasks of childcare, elder care, or the care of a sick or vulnerable loved one. Regardless of what you face as an individual at this time, your stress, distress, and responses are valid.

Unfortunately, professional helpers are notorious for putting the needs of others before their own. As I started to write this piece, I became aware (for the first time in a few weeks) that one of the things I left in my office was my *Anti-Burnout Card Deck*. I don't need physical resources to understand the essentials of self-care, but in times of crisis, you do need those external reminders that your health and well-being matter and impact the care you provide. So, in this moment of crisis, I encourage you to take a moment each day for yourself. If you can give yourself two moments, it would be beneficial to have time for yourself at the beginning and end of each day.

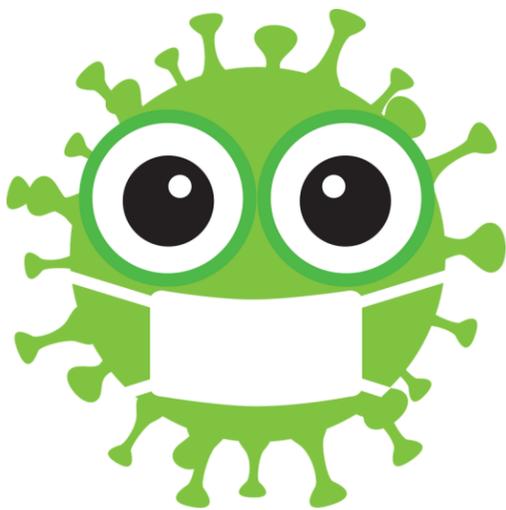
In those moments, start by taking a breath...and then take another one....and then another one (you can give yourself permission for the time it takes for three breaths)...And now, remind yourself (in case you have forgotten) that "you are enough. You are doing enough. Right now, your best intentions, efforts, and 'good enough' are enough. You are caring for people, and you are helping people. And that is making a meaningful difference in the world."

And then, stop there. The time to analyze, revise, and improve on our efforts is for the future when we have that luxury. For now, everyone is doing the best that they can to provide for the essentials of life. I hope that this period of challenge will remind all of us how valuable and important each individual is to our society as a whole. I hope that each of us and the people that we touch remain safe and healthy through this pandemic. Please remember, that you matter to all those lives you touch.





Resources for Play Therapists in Response to Coronavirus Disease 2019 (COVID-19)



The Association for Play Therapy has created a [resource page](#) as play therapists address the unprecedented challenge of Coronavirus disease 2019 (COVID-19). APT's page includes information on: the CDC and WHO responses, telehealth resources, and additional resources to share and use with concerned children and parents.

For those providing telehealth with involved parents, you may consider the viability and evidence-base for Filial therapy. [An article in *The International Journal of Play Therapy*](#) provides some evidence for Filial therapy provided in an online format.

[Caroline Conquers her Corona Fears: A Kids Coping & Coloring Book](#) was produced by the Louisiana State University Health Sciences Center for parents in need of resources to discuss COVID-19 and the response with their children.

It may be challenging, but please remind children to cough into their elbows, wash their hands frequently, and try to avoid touching their faces!



For more information, visit:

<https://www.paapt.org/>

[PA-APT Facebook Group.](#)

Want to contribute to a future edition of the e-newsletter?

Contact Courtney Alvarez at cmalvarez@carlow.edu.