

Weekly Field Placement Journal

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Agency/Organization: Children's Advocacy Center

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Thursday October 25th

I utilized Google Hangouts to practice CBT skills with a friend; this was a great mode of communication because I was still able to go through the process without her being physically present. After completing that we spent a great deal of time informing each other of updates on various aspects of our lives. My friend also asked me about how Graduate school was going and shared some helpful tips from her experience as a student. This was very helpful and a way to release everything because she understood what I was going through reassured the normalcy of the stress level, as she is a recent MSW graduate. This was my act of self-care for the week because I was able to listen to and learn from a former student.

Thursday November 15th

I went for a drive around Chattanooga after the stressful day that I had to decompress and refocus. Journaling the events of what happened and my feelings allowed me to release tension and remind myself that I am still learning and having a challenging day will arise. I also used this time to remind myself that my best is enough and why I enjoy what I am doing.

Friday December 14th

I used this day to practice self-care as this is the last week of practicum for Fall 2018. I took time to reflect on the work I've done thus far at CAC and what I hope to learn the coming semester. To de-stress and unwind I completed a few days worth of activities from my Let It Go stress less journal and colored a Bible text picture from my Favorite KJV Verses de-stress coloring book for adults. Both of these activities stimulated my creative side, which have always been my moments when I feel most relaxed. Although I have not been or experienced "stress" at my internship agency I have found it beneficial to release emotions and/or thoughts that have not been fully dealt with so that they are not internalized and then impact the body. As one who internalizes everything this is especially true for me.

Tuesday January 8th

Today I implemented self-care by planning out weekly actions step to take care of myself spiritually, physically, and mentally. For my spiritual health I started three Bible plans from the Bible App that I can read, each once per day (morning, lunch break, and evening) so that I can keep my mind on spiritual things throughout the day. For my physical I health I plan to exercise twice a week, doing this will help me not be physically fit but also release a lot of good bodily chemicals. For mental health I plan to continue utilizing my de-stress Let It Go journal to refocus my mind when I become overwhelmed.

Saturday February 9th

Self-Care: I didn't have the best week emotionally so I treated myself to a semi-spa/movie night to release negative emotions and energy. I have learned over the course of internships and academics the active roles Social Workers play in the lives of people we come in contact with. As someone who has a passion to give, be available, and help others I have realized how much it takes out of one to be in that position all the time. As much as we enjoy the work we do it's important that we take time for ourselves and ensure we take care of our own person first. Through this self-care process one area I have neglected is my emotional health. I needed empty myself of negative energy and emotions so that I could replenish with positive ones. That is the best condition to work and serve under. I chose a semi-spa and movie night because these were actions to relax, decompress, and release in an enjoyable manner. Taking actions to actively clean out one's temple not only impacts my emotional health but also my psychological wellbeing. This was exactly what I needed to refocus my energy on things that bring me joy and passion. I will be able to start my new week of resuming teaching on the right foot now that my mind is clear. I look forward to it.

Saturday March 23rd

Self-Care: My parents came to visit me for the day and we had a great time. We went to church, enjoyed Olive Garden for lunch (my favorite restaurant), and went on a walk. Even though I see my parents often since they are only two hours away, being able to spend time with them here at school was relaxing, great quality time together, and a break from everyday life.

Reflection: So far this school year I have been doing self-care by myself, but incorporating other people whether friends or family is a great way to unwind as well and reconnect with those important to me. I am an introvert (ISFP) personality so I do need to seclude myself and remove as much external stimulation as possible, but I am realizing that it's not good for me to be withdrawn all the time. Finding the balance between what I need and natural habits as well as getting outside my comfort zone is my next step.

Friday April 12th

Self-Care this week was listening to podcasts instead of music everyday, which was a great switch up. I downloaded episodes from a comedy podcast and also episodes from Ted-Talk.

Reflection: This minor change in what I listen to was interesting and also refreshing as I was learning from various speakers with one and had something to laugh about daily with the other. This is a practice I will continue to incorporate interchangeably in my weeks or monthly.