

Greater Cleveland Community Health Worker Association

Heart, Body & Soul Newsletter

Caring for the Caregiver ~ Who's taking care of you?



~ submitted by Delores Collins, C-CHW

EMOTIONAL SELF-CARE

~ submitted by Chevon Matthews, Editor-in-Chief
reference [University of Buffalo](#) School of Social Work

Self-care topics address ways to maintain your physical health, decrease stress, and how to cope with challenging emotional situations, including situations experienced at work. **Compassion fatigue** can develop from a combination of burnout *and* vicarious trauma. Burnout is caused by doing your job effectively, and also from feelings of hopelessness and challenges at work. Secondary or vicarious traumatization derives from exposure to the traumatic life experiences that your clients report. Below are some self-care ways to enhance your resilience to battle compassion fatigue. The activities and exercises listed below are intended to augment your current self-care plan or can be used independently.

1. Have a manageable patient load, know and set boundaries and limits.
2. Use as many “others” as possible in work with patients, teamwork.
3. Take a “Mental Health Day” when needed.
4. Laugh, joke, and have time to unwind.
5. Get and give feedback with supervisor and peers.
6. Read materials and go to workshops and training seminars related to compassion fatigue.
7. Be assertive with feelings and concerns.
8. Let people know your limits.
9. Process and talk things out. Talk to a healthcare professional if needed.
10. Stay organized in the workplace.

SOCIAL SELF-CARE

~ submitted by Chevon Matthews, Editor-in-Chief

The Peanut Blossom Book Club is a popular group with over 9,000 active members that meet online. Through an active and engaged private group on Facebook, books are shared and discussed monthly. The biggest benefit to an online book club is that you never have to miss a meeting again. The Peanut Blossom Book Club was created by an avid book lover to inspire women to take some time for themselves. The group reads one fun, light-hearted book each month and chats about it in a private Facebook group. If you miss one month, that's ok. The discussions are posted for members to join in at anytime. [Check out](#) all the information and details you may need to make your choice.

PSYCHOLOGICAL SELF-CARE

~submitted by Chevon Matthew, Editor-in-Chief



In 1980, then-President Jimmy Carter declared March 2-8 as National Women’s History Week. After realizing there’s entirely too much women’s history to squeeze into seven days, Congress passed Public Law 100-9 in 1987, proclaiming March as Women’s History Month. To celebrate I found some ways to empower ourselves. Whether you want to make personal changes or take political action, you can see the entire list of ideas [here](#) :

1. Ask for a raise.
 2. Stop saying you’re sorry for a day.
 3. Blast an all-female music playlist.
 4. Spend a week saying no when you want to say no.
 5. Sign up to mentor young women at Big Brothers, Big Sisters of America.
 6. Invest some of your money to start to close the wealth gap.
 7. Check out a podcast geared towards women when you need a dose of wellness.
 8. Schedule time to work on a project that’s meaningful or fun for you.
 9. Call or email your representatives about an issue that’s important to you.
 10. Donate to [Support the Girls](#) to give homeless women in North America bras and menstrual products.
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March is:

Women's History Month

[National Endometriosis Awareness Month](#)

[Colorectal Cancer Awareness Month](#)

March 8 ~ International Women's Day

March 12 ~ National Women & Girls HIV/AIDS Awareness Day

March 12 ~ Daylight Savings Time Begins

March 20 ~ Spring Equinox / Start of Spring

Crispy Miso Butter Fish with Asparagus

Submitted by Chevon Matthews, courtesy of Bon Appetit magazine

**Ingredients:**

4 4–6-oz skin-on salmon fillets, arctic char, or sea bass

1 1/2 lbs asparagus

2 tsp avocado or vegetable oil

9 garlic cloves

1 3" piece ginger

6 tbsp white or yellow miso

1 tbsp plus 1 1/2 tsp Sriracha

1 tbsp sugar

2/3 cup panko

5 tbsp unsalted butter, divided

Kosher salt

Directions:

1. Place a rack in the upper third of oven and preheat to 400°. Line a rimmed baking sheet with foil.
2. Line up asparagus on a cutting board and trim and discard woody ends (about bottom 2"). Slice spears into 1" lengths and transfer to prepared baking sheet. Drizzle with 2 tsp oil and season with Kosher salt. Using hands, toss well to coat. Push asparagus to one side of the baking sheet.

3. Pat fish fillets dry with paper towels. Place, skin side down, on empty half of baking sheet.
4. Make the miso butter. Place 3 tbsp unsalted butter in a small microwave safe bowl. Microwave on medium power in 20 second intervals until melted. Add 6 tbsp white or yellow miso, 1 tbsp plus 1 1/2 teaspoon Sriracha, and 1 tbsp sugar. Smash and peel 9 garlic cloves. Finley grate garlic on Microplane into miso butter. Peel one 3" piece of ginger with a spoon and finely grate into butter. Stir all to combine.
5. Melt remaining 2 tbsp unsalted butter in another microwave safe bowl. Stir in 2/3 cup of Panko.
6. Dallop two-thirds of miso butter over the fish, spreading it into an even layer with a spoon. Sprinkle buttered panko over the top and gently press with hands to adhere to top of fish fillet. Roast fish and asparagus until fillets are firm and when sides are gently pressed, about 15 - 17 minutes.
7. Heat broiler to low. Broil fish and asparagus about 3 minutes, until panko is golden brown, rotating pan for even browning. Remove baking sheet from oven and immediately drizzle remaining miso butter over asparagus, tossing to combine.
8. Slide fish spatula between fish skin and flesh, gently to lift away from the skin. Serve with asparagus.

