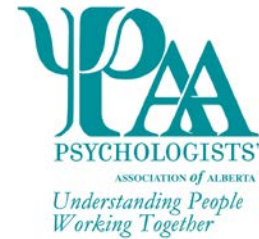


March 2020

A message from PAA to our Members



Dear Colleagues,

These are very challenging and stressful times for all of us, individually, and of course, for our clients/students/colleagues/supervisees we see.

PAA wants to encourage each of you to engage in some self-care moments each day. Self-care be very simple steps: perhaps as you are washing your hands, instead of engaging in more worry and anxiety, or singing “happy birthday” to be sure you got your 20 seconds in, you might instead take a few moments to focus on the feeling of the warm water, allowing the warm water to send calming energy to any part of your body where you may be holding tension. Feel the sensation of the soap gliding over your hands, your palms, in between your fingers. And as you do this, think about what other soothing self-talk messages you might give yourself. Simple messages like “I’m okay, I’m here, I can be calm and centered in this moment.”

Secondly, remind yourself it is okay to ask for help; in the past, we would have given each other hugs; now it may need to be an elbow bump; allow yourself in the moment of contact with people you care about and people who care about you to remember “I have support.”

We value each of you and thank you for all you are doing to make our world a safer and psychologically healthier place.

Sincerely,

Dr Judi L Malone
R. Psychologist (AB)
PAA CEO

Nicki Wilson
R. Psychologist (AB)
PAA Board President