

## Self-Care Post USA Inauguration

### Issue

It is apparent that the USA is in need of healing and that impacts many of us.

These are both exciting and challenging times for many Canadians following the recent inauguration in the USA. As psychologists, we have all been aware of the impact that the election has had on our neighboring nation, our clients, our communities, and ourselves. Many of us have spent time with sad and scared family members, friends, colleagues, clients, and students. Those who have worked to promote social justice may feel disheartened and angry. For others, it is a wake-up call. And, those among us who are pleased with the election results may somehow feel silenced, unheard, or misunderstood. No matter what your political leanings are, we are all impacted by disharmony, confusion, and anger, in the USA and here in Alberta.

### Solutions

Not unlike other moral/ethical issues we might be helped by conferring with those we trust, exploring our values and respecting our own internal ethical code, and implementing specific stress reduction strategies. Recalling what specific coping strategies have helped us in the past might be worth reviewing at this time.

There is an opportunity here for us to facilitate our wellness and energize our community. Please, first take time to attend to your own healing. Then, bring your skills and your compassion to your family, community, workplace, and province. Look for opportunities to increase acceptance and encourage discussion of diverse experiences. Try to find the possible common ground between yourself and those with other views.

Please join other Albertans in supporting and strengthening the wellness of our province. Let's do it with creativity, respect and humor. Let's make our table really large so everyone can have a seat. Together, we can hold all of our feelings and perspectives in a way that brings us together, nurtures us and makes us stronger. Perhaps we can all grow and learn from each other in the process.

Strength and healing comes from prioritizing care of ourselves and our community. Resilience comes from grappling with the hard times and emerging stronger. Our power comes from creating space for the voices of the disenfranchised, those who are hard for us to listen to and those who echo our thoughts.

**The PAA (Psychologists' Association of Alberta) advocates for psychology in Alberta and supports the resilience of Alberta's diverse communities**

### Sources

APA News, 01 Feb 2017, "Trump Administration Orders Pose Harm to Refugees, Immigrants, Academic Research, and International Exchange" <http://www.apa.org/news/press/releases/2017/01/trump-harm-refugees.aspx>

Personal Communications between the California Psychological Association & PAA, 03 February 2017