#MacroSW Transcript

Healthcare social media transcript of the #MacroSW hashtag.

Thu, July 26th 2018, 8:45PM – Thu, July 26th 2018, 10:15PM (America/New_York).

See #MacroSW Influencers/Analytics.

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
Hi Everyone - please forgive the flurry of tweets, @OfficialMacroSW #MacroSW Chat starts in 15 minutes!

Janet West @Jawst4
RT @poliSW: Twitter for Nonprofit Professionals hosted by The Political Social Worker 8/11/18. Register at https://www.bigmarker.com/the-pol

ITTIC @UBittic
Looking forward to the chat tonight! #MacroSW https://t.co/GOI6KgyNbD

NASW @nasw
We're ready. Are you! #MacroSW @OfficialMacroSW

Karen Zgoda @karenzgoda
RT @TheMattSchwartz: Hi Everyone - please forgive the flurry of tweets, @OfficialMacroSW #MacroSW Chat starts in 15 minutes! https://t.co/D...@OfficialMacroSW https://t.co/n4z7P7Tdi1

Karen Zgoda @karenzgoda
RT @nasw: We're ready. Are you! #MacroSW @OfficialMacroSW https://t.co/n4z7P7Tdi1

Karen Zgoda @karenzgoda
RT @UBittic: Looking forward to the chat tonight! #MacroSW https://t.co/GOI6KgyNbD

Karen Zgoda @karenzgoda
RT @NicoleClarkLMSW: Juggling two chats tonight: #EvalTwitter and #MacroSW. First up: #EvalTwitter on evaluation wins and lessons learn...

Karen Zgoda @karenzgoda
RT @StrongGirl51: Really looking forward to tonight's chat on selfcare. It's been a week and it's not over yet! #MacroSW

Karen Zgoda @karenzgoda
RT @nancy_kusmaul: #MacroSW Appropriate for tonight's chat! https://t.co/WtkCFbaaHq

Karen Zgoda @karenzgoda
RT @newsocialworker: Open mic/self-care chat tonight! 9 pm EST #MacroSW https://t.co/boAL9zx51u

Dr Karen Treisman @dr_treisman
RT @UBittic: A4: SAMHSA identifies that the “tears in the fabric of a community” leads to the decrease health and mental wellbeing of the p...

Lena SG @LenaSG1
RT @TheMattSchwartz: Hi Everyone - please forgive the flurry of tweets, @OfficialMacroSW #MacroSW Chat starts in 15 minutes! https://t.co/PviBACYeql

Karen Zgoda @karenzgoda
Welcome to #MacroSW chat!

Abby Ramey @AbbyRameyMSW
RT @TheMattSchwartz: Hi Everyone - please forgive the flurry of tweets, @OfficialMacroSW #MacroSW Chat starts in 15 minutes! https://t.co/PviBACYeql

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: Welcome to #MacroSW chat!

aubree @aubree0119
Excuse my tweets, participating in the #MacroSW chat with my awesome social work friends! https://t.co/PviBACYeql

Karen Zgoda @karenzgoda
Tonight's chat archive and upcoming chat schedule can be found at: https://t.co/FqG9eEoAJB #MacroSW

Karen Zgoda @karenzgoda
If you are new to our Twitter chats, check out our FAQs here: https://t.co/Awcx7xPfuu If you are new to Macro #socialwork, we have a FAQ for you too: https://t.co/bD9W3YApbv #MacroSW

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Karen Zgoda @karenzgoda
Our #MacroSW chat partners are @VilissaThompson @UBSSW @acosaorg @SunyaFolayan @poliSW @spcummings @porndughter

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: Our #MacroSW chat partners are @VilissaThompson @UBSSW @acosaorg @SunyaFolayan @poliSW @spcummings @porndughter

aubree @aubree0119
@StrongGirl51 Home stretch! #MacroSW

Jennifer Luria @JLuriaLISW
#MacroSW I'm in!

Stephen Cummings LISW @spcummings
I'm ready to join the #MacroSW chat!

Karen Zgoda @karenzgoda
Let's start w/ introductions. I'm Karen Zgoda, Instructor @SimmonsMSW, coming to you live from the heart of Harvard University tonight (helping a friend with their thesis)! #swtech #MacroSW https://t.co/5Cl9Zf1mxF
Dr. Nancy Kusmaul @nancy_kusmaul
Hi @karenzgoda and #MacroSW!

Karen Zgoda @karenzgoda
RT @aubree0119: Excuse my tweets, participating in the #MacroSW chat with my awesome social work friends! https://t.co/PvIBACYeqR

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
I'm Matt Schwartz, UBSSW Alumni. I'm a Social Worker & Mental Health Counselor in Public & Private Practice in Buffalo, NY. :) #macrosw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @nancy_kusmaul: Hi @karenzgoda and #MacroSW!

Karen Zgoda @karenzgoda
@aubree0119 Great to see you tonight Aubree! #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@nancy_kusmaul great to see you Doc :-). #macrosw

Karen Zgoda @karenzgoda
RT @JLuriaLISW: #MacroSW I'm in!

Karen Zgoda @karenzgoda
@JLuriaLISW Welcome to #MacroSW Jennifer!

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@JLuriaLISW Let's do this! :-). #macrosw

Karen Zgoda @karenzgoda
RT @spcummings: I'm ready to join the #MacroSW chat! https://t.co/hrGoBh8S3y

Sunya Folayan @SunyaFolayan
#MacroSW Good evening, welcome to #Macrosw chat! I'm @SunyaFolayan, crestive macropractitioner.

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @SunyaFolayan: #MacroSW Good evening, welcome to #Macrosw chat! I'm @SunyaFolayan, crestive macropractitioner.

Karen Zgoda @karenzgoda
RT @nancy_kusmaul: Hi @karenzgoda and #MacroSW!

Stephen Cummings LISW @spcummings
@karenzgoda @SimmonsMSW I can hear the Boston accent through the tweets! #MacroSW

ITTIC @UBittic
This is Erin representing ITTIC tonight. #MacroSW https://t.co/qCG3KhuA2U

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @spcummings: @karenzgoda @SimmonsMSW I can hear the Boston accent through the tweets! #MacroSW
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Nicole Clark, LMSW @NicoleClarkLMSW
Excited! I haven't participated in a #MacroSW chat in a while. (Maybe one day #MacroSW will partner with #EvalTwitter for a joint chat to connect more social workers with evaluators 😊) #socialwork #eval

Abby Ramey @AbbyRameyMSW
I'm Abby, advanced standing MSW at UPenn, macro concentration! #MacroSW

Nicole Clark, LMSW @NicoleClarkLMSW
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#socialwork #eval

Abby Ramey @AbbyRameyMSW
@TheMattSchwartz We're small but mighty! #MacroSW

Karen Zgoda @karenzgoda
@nancy_kusmaul NANCY Hello!! #MacroSW https://t.co/wLwK43UVYO

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@AbbyRameyMSW glad to see that UPenn has a macro concentration! #macrosw

NASW @nasw
RT @TheMattSchwartz: @AbbyRameyMSW absolutely! Macro practice makes the greatest difference for the most amount of people at one time! #mac...

Abby Ramey @AbbyRameyMSW
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Karen Zgoda @karenzgoda
AND recent MSW grad!! So proud!! #MacroSW

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RT @SunyaFolayan: #MacroSW Good evening, welcome to #MacroSW chat! I'm @SunyaFolayan, cretive macropractitioner.

Stephen Cummings LISW @spcummings
Good evening, I'm Stephen, #MacroSW partner and clinical asst. prof at the @UISchoolofSWprod https://t.co/8X6iyPrHWL

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@karenzgoda thank you!! :-) When are you coming up here for some Wings (Meat, Veg, or Vegan)? #macrosw

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RT @karenzgoda: AND recent MSW grad!! So proud!! #MacroSW https://t.co/qKgooBAlh

Karen Zgoda @karenzgoda
@SunyaFolayan #MacroSW https://t.co/HppKmrSQvr

Karen Zgoda @karenzgoda
RT @spcumings: @karenzgoda @SimmonsMSW I can hear the Boston accent through the tweets! #MacroSW

Sunya Folayan @SunyaFolayan
@karenzgoda Hey! ❤️#macrosw

Karen Zgoda @karenzgoda
@spcumings @SimmonsMSW https://t.co/OCvVL5zF0 #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
We need a #MacroSW #Con like...lots of memes, coffee...and maybe some policy discussion...and then food <3

Karen Zgoda @karenzgoda
RT @UBittic: This is Erin representing ITTIC tonight. #MacroSW https://t.co/qCG3KhuA2U

aubree @aubree0119
@TheMattSchwartz @karenzgoda Ooooh, best place for vegan wings???? #MacroSW

John Halloran @JoThoHalloran
@NicoleClarkLMSW Hi, Nicole, I've also been a wayward #MacroSW participant. Hoping to get back into the swing of things for Fall semester

Karen Zgoda @karenzgoda
@UBittic Great to see you tonight Erin! #MacroSW

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RT @JoThoHalloran: @NicoleClarkLMSW Hi, Nicole, I've also been a wayward #MacroSW participant. Hoping to get back into the swing of things!

Nicole Clark, LMSW @NicoleClarkLMSW
I'm Nicole. Social worker based in Brooklyn, NY. MSW from @ColumbiaSSW in Advanced Generalist Practice and Programming. I'm an independent consultant focusing on program design/evaluation and strategic planning for orgs that provide services for women and girls of color #MacroSW

Nicole Clark, LMSW @NicoleClarkLMSW
RT @JoThoHalloran: @NicoleClarkLMSW Hi, Nicole, I've also been a wayward #MacroSW participant. Hoping to get back into the swing of things!

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@aubree0119 @karenzgoda Probably @amys_truck or Amy's Place, but we'd have to poll the audience (@djlicata would know!) #Vegan #Buffalo #Wings #MacroSW
Vilissa Thompson @VilissaThompson
Saying hello from our Nation’s Capitol! This is my last night here & it’s the first night I was in my hotel room before 6pm this week. Self-care is docket for me & it has been well earned. Hope everyone’s week has been great. #MacroSW

Karen Zgoda @karenzgoda
@JoThoHalloran @NicoleClarkLMSW Y’all officially have #MacroSW HOMEWORK. https://t.co/C023X7Phtq

Jennifer Luria @JLuriaLISW
I am Jennifer Luria. I am a therapist in Iowa City. Waited all day for the #MacroSW chat!

Nicole Clark, LMSW @NicoleClarkLMSW
RT @TheMattSchwartz: We need a #MacroSW #Con like...lots of memes, coffee...and maybe some policy discussion...and then food <3

Jenny McCullough Cosgrove @EvalNerd
RT @NicoleClarkLMSW: I’m Nicole. Social worker based in Brooklyn, NY. MSW from @ColumbiaSSW in Advanced Generalist Practice and Programming...

Karen Zgoda @karenzgoda
RT @AbbyRameyMSW: I’m Abby, advanced standing MSW at UPenn, macro concentration! #MacroSW

The Guerrilla Librarian @DagbokDog
RT @VilissaThompson: Saying hello from our Nation's Capitol! This is my last night here & it's the first night I was in my hotel room before…

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@nancy_kusmaul Awesome!! Would love to grab coffee when you're here if you have time! #MacroSW

Karen Zgoda @karenzgoda
@AbbyRameyMSW Welcome back to #MacroSW Abby!

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@JLuriaLISW I am Jennifer Luria. I am a therapist in Iowa City. Waited all day for the #MacroSW chat!

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@JLuriaLISW #Same :-) #macrosw

Nicole Clark, LMSW @NicoleClarkLMSW
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RT @VilissaThompson: Saying hello from our Nation’s Capitol! This is my last night here & it’s the first night I was in my hotel room before…

aubree @aubree0119
@TheMattSchwartz @karenzgoda @amys_truck @djlicata I live in Rochester but obviously am in Buffalo a lot since I attend @UBSSW. Alwa looking for new options!!! #MacroSW

Ligaya Loyola @LigayaLoyola
RT @VilissaThompson: Saying hello from our Nation’s Capitol! This is my last night here & it’s the first night I was in my hotel room before…
NASW @nasw
Greetings from #NASW headquarters in DC. Happy to share in the #MacroSW universe https://t.co/M3NmCdPsy

Karen Zgoda @karenzgoda
＠＠＠ #MacroSW

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@nasw so glad to have you here!! Hope you'll join us Thursdays as regulars! :-) #PullOverAFluffyChair #GetComfy :-) #macrosw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: Ｌ＠＠ Ｌ MacrosW https://t.co/9ayHdCrS

aubree @aubree0119
@karenzgoda This is why I wanted to pair my MSW with an MPH! #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@nasw also way to be in the thick of things right now! #NationsCapital #NeedsALotOfMacroWork #macrossw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @aubree0119: @karenzgoda This is why I wanted to pair my MSW with an MPH! #MacroSW

aubree @aubree0119
@nasw Oh heyyyy!!!! #MacroSW

Karen Zgoda @karenzgoda
@aubree0119 @TheMattSchwartz @amys_truck @djlicata @UBSSW I swear by this oven-baked recipe until I get back to Buffalo: https://t.co/ljNWEDQ81Z #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
Now Playing: https://t.co/3X4pfQO3qY #macrossw

Karen Zgoda @karenzgoda
RT @TheMattSchwartz: We need a #MacroSW #Con like...lots of memes, coffee...and maybe some policy discussion...and then food <3

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: @aubree0119 @TheMattSchwartz @amys_truck @djlicata @UBSSW I swear by this oven-baked recipe until I get back to Buffalo: ht…

Linda Grobman @newsocialworker
#MacroSW Hi everyone! Linda Grobman here from The New Social Worker magazine!
Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
I knew I could count on you, thanks @djlicata!!! #MacroSW Dom Licata has spoken! This is the place to go! :-)

Karen Zgoda @karenzgoda
Okay I've been here like 10 minutes and already have 40+ mentions. #MacroSW https://t.co/eNmcYl36lj

Karen Zgoda @karenzgoda
RT @NicoleClarkLMSW: I'm Nicole. Social worker based in Brooklyn, NY. MSW from @ColumbiaSSW in Advanced Generalist Practice and Programming...

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Dr. Nancy Kusmaul @nancy_kusmaul
RT @TheMattSchwartz: Now Playing: https://t.co/3X4pfQO3qY #macrosw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@karenzgoda #MacroSW https://t.co/1dHQR51HZd

LeahFurbs @LeahFurbs5
hello everyone! I'm Leah, UPenn MSW student! Glad to be back for this chat :) #macrosw

Karen Zgoda @karenzgoda
@VilissaThompson #MacroSW https://t.co/h5eSwQxK6e

Ann-Marie O'Brien @StrongGirl51
Saying hello from another nations capital! We're your neighbor to the north - no walls (yet) but there's some bluster about tariffs. #macrosw

Karen Zgoda @karenzgoda
RT @JLuriaLISW: I am Jennifer Luria. I am a therapist in Iowa City. Waited all day for the #MacroSW chat!

Stephen Cummings LISW @spcummings
RT @newsocialworker: #MacroSW Hi everyone! Linda Grobman here from The New Social Worker magazine!

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@LeahFurbs5 welcome! :-) #macrosw

Abby Ramey @AbbyRameyMSW
RT @karenzgoda: Okay I've been here like 10 minutes and already have 40+ mentions. #MacroSW https://t.co/eNmcYl36lj

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@StrongGirl51 welcome from your (one day hopefully) future Suburb of Buffalo, NY ;-) :-) #macrosw
Dr. Nancy Kusmaul @nancy_kusmaul  
@karenzgoda And all we've done is talk about food. #macrosw  

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz  
RT @nancy_kusmaul: @karenzgoda And all we've done is talk about food. #macrosw  

Nicole Clark, LMSW @NicoleClarkLMSW  
Off topic: I've really been enjoying the new NASW community forum. It's been great to connect with more social workers and read the discussion. The topic that’s stood out most was the thread on conservative social workers and their experiences in a social justice field. #MacroSW  

claire lynch @claiireSW  
Hey guys! My name is Claire, I'm a masters student at UPenn #MacroSW  

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz  
@nancy_kusmaul @karenzgoda It's because we're mostly #Hufflepuffs #MacroSW https://t.co/1jbSDseMBk  

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz  
RT @NicoleClarkLMSW: Off topic: I've really been enjoying the new NASW community forum. It's been great to connect with more social work…  

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RT @claiireSW: Hey guys! My name is Claire, I'm a masters student at UPenn #MacroSW  

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz  
@claiireSW Hi and welcome! :-) #macrosw  

Karen Zgoda @karenzgoda  
@JLuriaLiSW #MacroSW https://t.co/eZIOAjbU1B  

aubree @aubree0119  
@JLuriaLiSW @UBSSW haha, don't laugh, but I have actually gone back. I was there the week before last!!! #selfcare #goatfarm #MacroSW  

Dr. Nancy Kusmaul @nancy_kusmaul  
RT @NicoleClarkLMSW: Off topic: I've really been enjoying the new NASW community forum. It's been great to connect with more social work…  

Karen Zgoda @karenzgoda  
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Jennifer @jerwinMSW  
#MacroSW Hi all! Sorry to be late ... I was watching soccer 😓 I'm Jennifer, an ABD PhD student at the Univ. of Tennessee.  

Karen Zgoda @karenzgoda  
@nasw ❤️❤️❤️ #MacroSW  

Karen Zgoda @karenzgoda  
RT @nasw: Greetings from #NASW headquarters in DC. Happy to share in the #MacroSW universe https://t.co/M3NmCdPsy  

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz  
@jerwinMSW welcome!! #macrosw
Karen Zgoda @karenzgoda
RT @TheMattSchwartz: @nasw so glad to have you here!! Hope you'll join us Thursdays as regulars! :-) #PullOverAFuffyChair #GetComfy :)

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RT @newsocialworker: #MacroSW Hi everyone! Linda Grobman here from The New Social Worker magazine!

aubree @aubree0119
@JLuriaLISW @UBSSW #MacroSW https://t.co/NaNiYesFVw

Karen Zgoda @karenzgoda
@newsocialworker Great to see you tonight Linda!! #MacroSW https://t.co/kYFXd2UX2G

Karen Zgoda @karenzgoda
RT @StrongGirl51: Saying hello from another nations capital! We're your neighbor to the north - no walls (yet) but there's some bluster abo…

Karen Zgoda @karenzgoda
@StrongGirl51 Welcome to #MacroSW Ann-Marie!

Karen Zgoda @karenzgoda
RT @claiiireSW: Hey guys! My name is Claire, I'm a masters student at UPenn #MacroSW

aubree @aubree0119
@JLuriaLISW @UBSSW #MacroSW https://t.co/nANGj3MCCe

Dr. Nancy Kusmaul @nancy_kusmaul
@jerwinMSW You were engaging in #selfcare which is what we are all about tonight. Welcome! #macrosw

Karen Zgoda @karenzgoda
@claiiireSW Great to see you tonight Claire! #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @nancy_kusmaul: @jerwinMSW You were engaging in #selfcare which is what we are all about tonight. Welcome! #macrosw

Karen Zgoda @karenzgoda
RT @jerwinMSW: #MacroSW Hi all! Sorry to be late ... I was watching soccer 😞 I'm Jennifer, an ABD PhD student at the Univ. of Tennessee.

aubree @aubree0119
@JLuriaLISW me too! and there is a place in Rochester that makes some really good ones! @theowlhouse is awesome! #MacroSW

Jennifer @jerwinMSW
Ha! Yes, @nancy_kusmaul - that's what I tell myself every time I start to think "...you should be writing." #macrosw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
I bought a weed whacker to use at my camper (which is 95% accessible, about to be 100% accessible!)! So. Relaxing! #macrosw

Karen Zgoda @karenzgoda
@jerwinMSW Welcome Jennifer! What's the score? #MacroSW https://t.co/2T8QWowFHK

Jennifer @jerwinMSW
@TheMattSchwartz What kind of camper?? #macrosw

Linda Grobman @newsocialworker
@karenzgoda Good to see you, Karen #MacroSW https://t.co/OikiMpzWPSh

Dr. Nancy Kusmaul @nancy_kusmaul
@karenzgoda are there questions tonight? #macrosw

aubree @aubree0119
@NicoleClarkLMSW I'll have to check that out!! #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@jerwinMSW A nice broken down camper, on a land leased plot of land at a camp site, on soft dirt and mulch where I don't have to worry about falling if I don't want to use my walker, and just want to rely on my cane. Few rules, and artistic whims are encouraged by the management! #MacroSW

Jennifer @jerwinMSW
@karenzgoda USWNT beat Japan 4-2 #macrosw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@jerwinMSW In short, it's heaven! #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @nancy_kusmaul: @karenzgoda are there questions tonight? #macrosw

NASW @nasw
Yeah, we're wondering about questions, too? Cause we've been saying hellos for almost 30 minutes :) #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@nancy_kusmaul @karenzgoda @nasw I mean...like, existentially, there are always questions... #macrosw

Karen Zgoda @karenzgoda
Since this is our LAST #MacroSW chat until September, let's chat about fun and self-care. I would love to see some vacation photos! Here's me in Cancun in 2014. https://t.co/qwfFVsFccA

NASW @nasw
RT @karenzgoda: Since this is our LAST #MacroSW chat until September, let's chat about fun and self-care. I would love to see some vacation photos! Here's me in Cancun in 2014. https://t.co/qwfFVsFccA

Linda Grobman @newsocialworker
#MacroSW Since tonight's topic is #selfcare - I'll share our #selfcaresummer series link https://t.co/eyx2lAice7

Karen Zgoda @karenzgoda
RT @TheMattSchwartz: @nancy_kusmaul @karenzgoda @nasw I mean...like, existentially, there are always questions... #macrosw

Jennifer @jerwinMSW
@TheMattSchwartz Sounds lovely! Once my life is a bit more settled after graduation, I want to get a small camper or van. #macrosw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
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RT @newsocialworker: #MacroSW Since tonight's topic is selfcare - I'll share our #selfcaresummer series link https://t.co/ejX2iAice7

Dr. Nancy Kusmaul @nancy_kusmaul
RT @TheMattSchwartz: @nancy_kusmaul @karenzgoda @nasw I mean...like, existentially, there are always questions... #macrosw

Erin Eriksen @EriksenErin
#MacroSW okay - first timer here to any group convo on twitter. Testing, am I doing it correctly?

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@jerwinMSW I highly encourage it! #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@EriksenErin yes you are :-) #macrosw

Karen Zgoda @karenzgoda
We have no questions tonight, no agenda! We are here to connect, chill out, and have fun with each other's company. #MacroSW https://t.co/oJKz2nMACp

Karen Zgoda @karenzgoda
RT @nancy_kusmaul @karenzgoda You were engaging in selfcare which is what we are all about tonight. Welcome! #macrosw

Stephen Cummings @spcummings
@newsocialworker I encouraged students in my writing class to submit something to this series. #MacroSW

NASW @nasw
Oooooh! OK #MacroSW

aubree @aubree0119
@EriksenErin You got it, welcome!! #MacroSW

John Halloran @JoThoHalloran
@nancy_kusmaul @karenzgoda I have one: Where is self care in your social work curriculum? At the course level. Program level. Explicit/implicit. How are we teaching/learning this? #MacroSW

Nicole Clark, LMSW @NicoleClarkLMSW
RT @karenzgoda: We have no questions tonight, no agenda! We are here to connect, chill out, and have fun with each other's company. #MacroSW

Dr. Nancy Kusmaul @nancy_kusmaul
@EriksenErin Yes. Usually there are questions that you would answer Q1, A1, etc. As long as you use the #macrosw hashtag you are doing it

Nicole Clark, LMSW @NicoleClarkLMSW
RT @newsocialworker: #MacroSW Since tonight's topic is selfcare - I'll share our #selfcaresummer series link https://t.co/ejX2iAice7

aubree @aubree0119
@spcummings @newsocialworker Will check this out!! #MacroSW

Jennifer @jerwinMSW
@JoThoHalloran @nancy_kusmaul @karenzgoda I'd love to hear how everyone else incorporates self-care into their courses, too. #MacroSW

Karen Zgoda @karenzgoda
@EriksenErin Just use #MacroSW in your tweets and we can hear you! https://t.co/j1ehBgmKvCh

Olivia Oliveri @olivier_olivia
RT @aubree0119: @JLuriaLISW me too! and there is a place in Rochester that makes some really good ones! @theowlhouse is awesome! #MacroSW

Erin Eriksen @EriksenErin
#MacroSW thanks y'all! My name is Erin finishing up my masters degree - but thinking about a PhD?? 😊😊

Chyk @choyfreespeech
RT @newsocialworker: #MacroSW Since tonight's topic is selfcare - I'll share our selfcaresummer series link https://t.co/ejX2iAice7

Matthew L. Schwartz, MBA, LMSW 📚 @TheMattSchwartz
Okay, not exactly a vacation photo, but it's what I have (and since it's almost my 10 year draft anniversary). Here's my Mr. September photo from IDF service, on our Mitzvah Day when we went to repair a school for special needs (#BeforeIWasVisiblyDisabled) #MacroSW https://t.co/fyhvI3YBNA

Abby Ramey @AbbyRameyMSW
RT @newsocialworker: #MacroSW Since tonight's topic is selfcare - I'll share our selfcaresummer series link https://t.co/ejX2iAice7

Karen Zgoda @karenzgoda
Great question! #MacroSW #SocWorkEd

Dr. Nancy Kusmaul @nancy_kusmaul
Speaking of selfcare, did people see this? #macrosw #traumainformedcare https://t.co/S1c7brzNbF

Karen Zgoda @karenzgoda
RT @nancy_kusmaul: @EriksenErin Yes. Usually there are questions that you would answer Q1, A1, etc. As long as you use the #macrosw hashtag...

Karen Zgoda @karenzgoda
RT @jerwinMSW: @JoThoHalloran @nancy_kusmaul @karenzgoda I'd love to hear how everyone else incorporates self-care into their courses too....

Shimon Cohen @ShimonDCohen
Self-care for me has really been an evolution. When I was a student I thought it was ridiculous. Probably my own male socialization. #MacroSW

Matthew L. Schwartz, MBA, LMSW 📚 @TheMattSchwartz
RT @nancy_kusmaul: Speaking of selfcare, did people see this? #macrosw #traumainformedcare https://t.co/S1c7brzNbF

NASW @nasw
RT @karenzgoda: If you are new to our Twitter chats, check out our FAQs here: https://t.co/Awcx7xPFuu If you are new to Macro #socialwork

Abby Ramey @AbbyRameyMSW
So far, Penn has talked a lot about self care and hosts various self care events for students. My profs bring it up sometimes too. One instructo has a self care activity during each class! #MacroSW
Conversely, we'd love to hear YOUR questions tonight. 😊 #MacroSW https://t.co/2CJ2z6CJi8

Alyssa Lotmore @AlyssaLotmore
Hey #MacroSW chatters. With this being the last chat before August break, just wanted to say that I'm thrilled about all the important topics we've covered here this past year. It is a way for students & professionals to share information and start dialogues. A great resource! https://t.co/4aRL1POOtp

Dr. Nancy Kusmaul @nancy_kusmaul
@EriksenErin That's awesome! I went back for a PhD after 10 years as a medical social worker. I really appreciated having the practical experience, but everyone's journey is different. #macrowsw

Karen 🌷 Zgoda @karenzgoda
RT @EriksenErin: #MacroSW thanks y'all! My name is Erin finishing up my masters degree - but thinking about a PhD?? 😊😊

Matthew L. Schwartz, MBA, LMSW 🌊 @TheMattSchwartz
RT @AlyssaLotmore: Hey #MacroSW chatters. With this being the last chat before August break, just wanted to say that I'm thrilled about all..

Matthew L. Schwartz, MBA, LMSW 🌊 @TheMattSchwartz
RT @karenzgoda: Conversely, we'd love to hear YOUR questions tonight. 😊 #MacroSW https://t.co/2CJ2z6CJi8

Karen 🌷 Zgoda @karenzgoda
Wow that is AWESOME. #MacroSW

Jennifer @jerwinMSW
@AbbyRameyMSW What types of activities does your prof do? #macrowsw

Stephen Cummings 🌏 LSW @spcummings
@JoThoHalloran @nancy_kusmaul @karenzgoda In pretty much every class I cover this at the beginning and midpoint. #Macrowsw

Matthew L. Schwartz, MBA, LMSW 🌊 @TheMattSchwartz
RT @AbbyRameyMSW: So far, Penn has talked a lot about self care and hosts various self care events for students. My profs bring it up som-

Nicole Clark, LMSW @NicoleClarkLMSW
I don't remember self care being explicitly taught in my social work curriculum. We did have self care days throughout the semester though for our classes and field placements #MacroSW

Karen 🌷 Zgoda @karenzgoda
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Shimon Cohen @ShimonDCohen
@JoThoHalloran @nancy_kusmaul @karenzgoda We have it in multiple courses at varying levels. In one MSW seminar we do a full on self-c assessment and plan during class since students would only feel more stressed if it was an assignment! #MacroSW

Karen 🌷 Zgoda @karenzgoda
RT @nancy_kusmaul: @EriksenErin That's awesome! I went back for a PhD after 10 years as a medical social worker. I really appreciated ha

aubree @aubree0119
@jerwinMSW @JoThoHalloran @nancy_kusmaul @karenzgoda I had a professor that let us talk about the news for a few minutes each Mon
morning. I think it allowed us all to vent for a few and share idea. Felt like self care! #MacroSW

Karen Zgoda @karenzgoda
RT @AlyssaLotmore: Hey #MacroSW chatters. With this being the last chat before August break, just wanted to say that I'm thrilled about all...

ITTIC @UBittic
More of a fun resource, but the A-Z self-care ideas great. https://t.co/IUYzLYVckB #MacroSW

Ion @Ion16691506
What are your perspectives on Internal Family Systems (IFS) for therapy patients? #macrosw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@AbbyRameyMSW I think that's an incredibly good idea! I just went to a Counselor Wellness training for work. If one doesn't practice “real” self care (beyond water bottles and talking about yoga), compassion fatigue, vicarious trauma, and burnout are the results #MacroSW

Nicole Clark, LMSW @NicoleClarkLMSW
RT @ShimonDCohen: @JoThoHalloran @nancy_kusmaul @karenzgoda We have it in multiple courses at varying levels. In one MSW seminar we do a fu...

Dr. Nancy Kusmaul @nancy_kusmaul
For me, self-care is in my field seminars. I use my seminars as a professional development vehicle. Students are also coping with the new stress of field, so I find it a practical place to discuss it. #macrosw

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RT @ShimonDCohen: @JoThoHalloran @nancy_kusmaul @karenzgoda We have it in multiple courses at varying levels. In one MSW seminar we do a fu...

NASW @nasw
#Selfcare Resource for SocialWorkers - Burnout and Self-Care in Social Work A Guidebook for Students & Those in Mental Health and Related Professions https://t.co/ySBPqwTwzy #MacroSW A lil something for your reading list https://t.co/rod20tNz01

Dr. Nancy Kusmaul @nancy_kusmaul
RT @NicoleClarkLMSW: I don't remember self care being explicitly taught in my social work curriculum. We did have self care days throughou...

Stephen Cummings LISW @spcummings
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aubree @aubree0119
@spcummings @JoThoHalloran @nancy_kusmaul @karenzgoda A reminder is always good!! #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
I bring my crocheting or my sewing to every single course, and case conference, and meeting where I don't have to write #macrosw

Erin Eriksen @EriksenErin
#MacroSW The Jung Center in Houston is doing a conference of sorts regarding vicarious trauma which is so much about self care...
Karen 🌹 Zgoda @karenzgoda
@AlyssaLotmore Great to see you tonight Alyssa! #MacroSW https://t.co/2bVe2p87XS

Dr. Nancy Kusmaul @nancy_kusmaul
RT @TheMattSchwartz: @AbbyRameyMSW I think that’s an incredibly good idea! I just went to a Counselor Wellness training for work. If one

Matthew L. Schwartz, MBA, LMSW 🚀 @TheMattSchwartz
Crocheting or sewing is “always” in my bag (so even if we’re on lock down) I have something to do. #macrosw

Dr. Nancy Kusmaul @nancy_kusmaul
RT @UBittic: More of a fun resource, but the A-Z self-care ideas great. https://t.co/IUYzLYVckB #MacroSW

Shimon Cohen @ShimonDCohen
@JoThoHalloran @nancy_kusmaul @karenzgoda I’ve started to do 5 minutes of mindfulness to start class. I use free recordings from UCLA. students they don’t have to do it, but they need to just chill for 5 minutes. Unfortunately one time I opened my eyes & they were all on their phx 🤣😭 #MacroSW

Abby Ramey @AbbyRameyMSW
Honestly, this week was rough. I had the worst possible day on this past Tuesday - everything that could go wrong, did. I felt like I was a chara a movie! I blame it on like allll the planets being in retrograde. But also this summer semester has been rough! #MacroSW

Abby Ramey @AbbyRameyMSW
On my really bad day, I made sure I took time for self care - I ate a nice meal for dinner, relaxed, took a long shower, did a face mask...it helpe been trying to do little things for myself since too to help keep morale up lol #MacroSW

Karen 🌹 Zgoda @karenzgoda
COVET. #MacroSW

Sunya Folayan @SunyaFolayan
Me, too! I leaning toward a small camper. #macrosw

Matthew L. Schwartz, MBA, LMSW 🚀 @TheMattSchwartz
And I think sometimes missing from our #SelfCare discussion is the discussion on Professional #Boundaries #macrosw

Nicole Clark, LMSW @NicoleClarkLMSW
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Karen Zgoda @karenzgoda
RT @ShimonDCohen: @JoThoHalloran @nancy_kusmaul @karenzgoda We have it in multiple courses at varying levels. In one MSW seminar we do a fu...

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz @SunyaFolayan best investment I ever made. Mine is nice, broken down, dilapidated...and I love every bit of it! #macrosw

Karen Zgoda @karenzgoda
RT @aubree0119: @jerwinMSW @JoThoHalloran @nancy_kusmaul @karenzgoda I had a professor that let us talk about the news for a few minutes ea...

Sunya Folayan @SunyaFolayan
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Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
The not checking emails or answering texts or calls after work hours, or when you're not on duty. The not leaving late... #macrosw

Sunya Folayan @SunyaFolayan
RT @TheMattSchwartz: Okay, not exactly a vacation photo, but it's what I have (and since it's almost my 10 year draft anniversary). Here's...

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
.or coming in early...all of these are important. #macrosw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @ShimonDCohen: I know self-care is a struggle for everyone so don’t want to say harder for those socialized as males! Just sharing my e:

Abby Ramey @AbbyRameyMSW
@jerwinMSW Usually they’re things like talking w a partner about something good that happened or something you learned recently, but some we also do the “f'ck it bucket” where we just vent (she leaves the room in case the venting is about her/the class!) #MacroSW

Abby Ramey @AbbyRameyMSW
RT @TheMattSchwartz: @AbbyRameyMSW I think that's an incredibly good idea! I just went to a Counselor Wellness training for work. If one

Nicole Clark, LMSW @NicoleClarkLMSW
RT @ShimonDCohen: Self-care for me has really been an evolution. When I was a student I thought it was ridiculous. Probably my own male
Nicole Clark, LMSW @NicoleClarkLMSW
RT @ShimonDCohen: I know self-care is a struggle for everyone so don’t want to say harder for those socialized as males! Just sharing my e:

Karen Zgoda @karenzgoda
@aubree0119 @jerwinMSW @JoThoHalloran @nancy_kusmaul I leave the first 10 minutes of every class open for students to vent, share, get shout outs, discuss what is on their mind. It’s important to support them as humans working SO HARD for their degrees. #MacroSW

Abby Ramey @AbbyRameyMSW
@TheMattSchwartz Absolutely!! #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@ShimonDCohen absolutely agreed! We are socialized (through patriarchy) to "tough it out" and to "be a man" #WhyWeNeedFeminism #macrosw

Karen Zgoda @karenzgoda
We are here for FUN. #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: We are here for FUN. #MacroSW https://t.co/xBgdLiLhLML

Karen Zgoda @karenzgoda
RT @Ion16691506: What are your perspectives on Internal Family Systems (IFS) for therapy patients? #macros

Stephen Cummings LISW @spcummings
@JoThoHalloran I have struggled with specific activity. I’m one instance I led stretching exercises. I’m not sure how that went over. #MacroSW

Karen Zgoda @karenzgoda
RT @TheMattSchwartz: @AbbyRameyMSW I think that’s an incredibly good idea! I just went to a Counselor Wellness training for work. If one

Karen Zgoda @karenzgoda
RT @nancy_kusmaul: For me, self-care is in my field seminars. I use my seminars as a professional development vehicle. Students are also..

Shimon Cohen @ShimonDCohen
My life has also changed so my self-care has changed. Balance of family time, turning off work email between 5-6pm, exercising, meditating, i some other things. #MacroSW

Karen Zgoda @karenzgoda
RT @TheMattSchwartz: I bring my crocheting or my sewing to every single course, and case conference, and meeting where I don’t have to w

Ann-Marie O'Brien @StrongGirl51
I’m the practice lead for social work at a large mental health Centre (former psychiatric hospital) when I meet with new hires I speak about the importance of selfcare and encourage participation in workplace wellness activities yoga, mindfulness,etc #MacroSW

Nicole Clark, LMSW @NicoleClarkLMSW
RT @TheMattSchwartz: @ShimonDCohen absolutely agreed! We are socialized (through patriarchy) to "tough it out" and to "be a man"
#WhyWeNeed…

Karen Zgoda @karenzgoda
RT @EriksenErin: #MacroSW The Jung Center in Houston is doing a conference of sorts regarding vicarious trauma which is so much about :

NASW @nasw
I think for me, the best #selfcare is meditation - preferably on a beach and #faraway from a #CellPhone #MacroSW #NASW https://t.co/w5konqEL94

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
For those who's (whose?) work doesn't let them access music websites...my wireless bluetooth speaker has been clutch! #macrosw

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RT @nasw: I think for me, the best #selfcare is meditation - preferably on a beach and #faraway from a #CellPhone #MacroSW #NASW ht ...

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ITTIC @UBittic
Summer self-care resource for private practice social workers...https://t.co/sSezMoebI8 #MacroSW

aubree @aubree0119
@karenzgoda @jerwinMSW @JoThoHalloran @nancy_kusmaul I found it was helpful, especially with our current administration, b/c I know it were days I was feeling hopeless & helpless but talking with like minded people renewed my hope! #selfcare #MacroSW

Jennifer @jerwinMSW
@AbbyRameyMSW Nice! I'll be teaching an Intro to Direct Practice class for 1st year MSW students, and I want to plant the self-care seed ea #macrosw

Alyssa Lotmore @AlyssaLotmore
With that, I'm looking forward to hosting the 9/6 #MacroSW chat on #homelessness w/ @aykanian! I'm sure there are a lot of great topics that covered after the August break. I'll be back in September with content, resources and a whole lot of pep! Woot Woot! https://t.co/0gAiW3tmFB

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @UBittic: Summer self-care resource for private practice social workers...https://t.co/sSezMoebI8 #MacroSW

Linda Grobman @newsocialworker
@nasw And @SaraKay1710 article on #SelfCare at https://t.co/KFkCrrTZ5H won an @nasw award #MacroSW

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Shimon Cohen @ShimonDCohen
@TheMattSchwartz Mos def! My best friend “made me” take a women’s studies class when I was 19! Changed my life! I owe her so much. #MacroSW

Stephen Cummings LISW @spcumings
RT @StrongGirl51: I’m the practice lead for social work at a large mental health Centre (former psychiatric hospital) when I meet with new…

Stephen Cummings LISW @spcumings
RT @nasw: I think for me, the best #selfcare is meditation - preferably on a beach and #faraway from a #CellPhone #MacroSW #NASW ht ...
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Stephen Cummings LISW @spcummings
RT @UBSSW: Summer self-care resource for private practice social workers...https://t.co/sSezMoebI8 #MacroSW

Abby Ramey @AbbyRameyMSW
@jerwinMSW I think doing it in class is nice. She normally gives us time halfway through the class (which is 2.5 hours) to do the self care act\nand then take a 10 min break #MacroSW

aubree @aubree0119
@JLuriaLISW @UBSSW It's definitely going to be a regular pit stop for me!! Nothing like some quiet time in the middle of nowhere with GOAT #MacroSW

Karen Zgoda @karenzgoda
RT @TheMattSchwartz: And I think sometimes missing from our #SelfCare discussion is the discussion on Professional #Boundaries #macrosw

Dr. Nancy Kusmaul @nancy_kusmaul
@ShimonDCohen Work life balance is much harder for me in the summer because it all bleeds together. I'm home with my kids with many few\nwork responsibilities, but when I do have those responsibilities I'm trying to squeeze them in with/around the kids and their activities. #macrosw

Karen Zgoda @karenzgoda
RT @ShimonDCohen: I know self-care is a struggle for everyone so don't want to say harder for those socialized as males! Just sharing my e:

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Nicole Clark, LMSW @NicoleClarkLMSW
I take back my original response. I do remember one class (Foundations?) where my professor gave us time during the start of the class to ve\nshare what we had been learning at our field placements. But mostly vent. #MacroSW

John Halloran @JoThoHalloran
@spcummings I want self care to feel routine to students and to be translatable to the practice context where, let's be honest, it's absolutely\nessential. #MacroSW

Karen Zgoda @karenzgoda
RT @TheMattSchwartz: @ShimonDCohen absolutely agreed! We are socialized (through patriarchy) to "tough it out" and to "be a man" #WhyWeNeed…

https://www.symplur.com/healthcare-hashtags/MacroSW/transcript...

Page 20 of 39
Stephen Cummings  LISW @spcummings
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RT @JoThoHalloran: @spcummings I want self care to feel routine to students and to be translatable to the practice context where, let's be...

Shimon Cohen @ShimonDCohen
@TheMattSchwartz Lo! I was an anarcho-punk for a while! #MacroSW
Karen Zgoda @karenzgoda
CONGRATS!! #MacroSW

Abby Ramey @AbbyRameyMSW
RT @TheMattSchwartz: And I think sometimes missing from our #SelfCare discussion is the discussion on Professional #Boundaries #macrosw

NASW @nasw
RT @newsocialworker: @nasw And @SaraKay1710 article on #SelfCare at https://t.co/KFkCrrTZ5H won an @nasw award #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@ShimonDCohen @ShimonDCohen AWESOME! And similar: I took ”Women & Minorities” in High School...I then became a Comrade in a pa 16, and then I eventually left the party and became a Feminist Anarchist #WeCanChange #MacroSW

Karen Zgoda @karenzgoda
RT @nancy_kusmaul: @ShimonDCohen Work life balance is much harder for me in the summer because it all bleeds together. I'm home with ki…

aubree @aubree0119
@AbbyRameyMSW Sending you good vibes, girl!!! #MacroSW https://t.co/m5fgYpOYjB

Abby Ramey @AbbyRameyMSW
RT @TheMattSchwartz: The not checking emails or answering texts or calls after work hours, or when you're not on duty. The not leaving late

Abby Ramey @AbbyRameyMSW
RT @TheMattSchwartz: ..or coming in early...all of these are important. #macrosw

Dr. Nancy Kusmaul @nancy_kusmaul
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Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @JoThoHalloran: @spcummings I want self care to feel routine to students and to be translatable to the practice context where, let's be…

Jennifer Luria @JLuriaLISW
This is Eleanor not having the #MacroSW chat during walk time@ https://t.co/YyMzrN9e3R

Abby Ramey @AbbyRameyMSW
Ooh lately another self care thing I've been doing is putting my phone on do not disturb so I don’t get notifications and can focus on whatever I'm doing without the stress of my phone going off every 2 seconds! #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@JoThoHalloran @spcummings absolutely - it has to be more than just words in a syllabus. It has to be practice. #macrosw
Abby Ramey @AbbyRameyMSW
RT @UBittic: Summer self-care resource for private practice social workers...https://t.co/sSezMoebI8 #MacroSW

aubree @aubree0119
@NicoleClarkLMSW That venting is so important!! #MacroSW

Shimon Cohen @ShimonDCohen
Doing @DoinTheWorkPod has been a form of self-care, inspired by my friend & former classmate @NicoleClarkLMSW's writings that self-care needs to be rethought as what also helps the community and not just the individual. #MacroSW

Linda Grobman @newsocialworker
#MacroSW I got a @fitbit for self-care & today is my 1-year anniversary.

Karen Zgoda @karenzgoda
I've taught a few research courses that ask students to develop a single subject design with a focus on self-care. My favorite was the student who forced herself to watch 15 minutes of YouTube cat videos & found her mood improved so much folks asked her how she did it! #MacroSW

Nicole Clark, LMSW @NicoleClarkLMSW
RT @aubree0119: @NicoleClarkLMSW That venting is so important!! #MacroSW

Nicole Clark, LMSW @NicoleClarkLMSW
RT @ShimonDCohen: Doing @DoinTheWorkPod has been a form of self-care, inspired by my friend & former classmate @NicoleClarkLMSW writings...

Linda Grobman @newsocialworker
RT @karenzgoda: CONGRATS!! #MacroSW https://t.co/wsqkZSN3NB

Karen Zgoda @karenzgoda
RT @AbbyRameyMSW: Ooh lately another self care thing I've been doing is putting my phone on do not disturb so I don't get notifications any...

NASW @nasw
Here are self-care tips/resources from the NASW North Carolina Chapter @NASWNC https://t.co/6wvncqQO8T #MacroSW https://t.co/4uUUQqmUEJ

copperbird @copperbird
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RT @ShimonDCohen: Doing @DoinTheWorkPod has been a form of self-care, inspired by my friend & former classmate @NicoleClarkLMSW writings...

Jennifer @jerwinMSW
@karenzgoda Ha! I love this idea. I'll also be teaching Research Methods in the fall... #macrosw

ITTIC @UBittic
Small self-care tips to fit into the everyday...favorite # 7 alturism- small acts of kindness/help- holding door open for a fellow shopper, etc,
https://t.co/KxUAvgIkkb #MacroSW

AASW @AASW_  
RT @nasw: Here are self-care tips/resources from the NASW North Carolina Chapter @NASWNC https://t.co/6wvncqO08T #MacroSW https://t.co/4uUU...

Shimon Cohen @ShimonDCohen  
@karenzgoda @aubree0119 @jerwinMSW @JoThoHalloran @nancy_kusmaul I LOVE THIS IDEA!!! #MacroSW

Sunya Folayan @SunyaFolayan  
Jeez! Sorry about typos. I’m on a very small screen at the moment. Having been through professional burnout twice over the years, self care i a priority. It was not discussed back in the ice ages when I was in school. #macrosw

Ann-Marie O’Brien @StrongGirl51  
RT @nasw: #Selfcare Resource for #SocialWorkers - Burnout and Self-Care in Social Work A Guidebook for Students & Those in Mental Hean...

Karen Zgoda @karenzgoda  
I agree! Students have so little control over their lives from work to school to family to lots of other things they HAVE to do. Venting allows then heard and for educators to validate how hard that journey is. #MacroSW

Dr. Nancy Kusmaul @nancy_kusmaul  
@aubree0119 @NicoleClarkLMSW While venting has value, as an instructor you need to watch that it does not get toxic. #macrosw

Nicole Clark, LMSW @NicoleClarkLMSW  
RT @karenzgoda: I’ve taught a few research courses that ask students to develop a single subject design with a focus on self-care. My favor.

Matthew L. Schwartz, MBA, LMSW 🇺🇸 @TheMattSchwartz  
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RT @karenzgoda: I’ve taught a few research courses that ask students to develop a single subject design with a focus on self-care. My favor.

aubree @aubree0119  
@karenzgoda I think the real question is who has to "force" themselves to watch cat videos on youtube? I mean...don't all of you spend a lot o doing that.....?? asking for a friend. #MacroSW

Nicole Clark, LMSW @NicoleClarkLMSW  
RT @newsocialworker: #MacroSW I got a @fitbit for self-care & today is my 1-year anniversary.

Shimon Cohen @ShimonDCohen  
RT @JoThoHalloran: @spcummings I want self care to feel routine to students and to be translatable to the practice context where, let’s be...

Karen Zgoda @karenzgoda  
@ShimonDCohen @TheMattSchwartz I knew I liked you! 😊 #MacroSW

Linda Grobman @newsocialworker  
@karenzgoda Cool! #MacroSW https://t.co/YWL3pMmfSa
Karen Zgoda @karenzgoda
RT @NicoleClarkLMSW: I take back my original response. I do remember one class (Foundations?) where my professor gave us time during class...

Erin Eriksen @EriksenErin
#MacroSW I didn’t realize what self care meant until I interned at the Texas Lege as a social worker. I never knew what actually provided relief for the work I do: and I know for me cleaning my apartment energizes me!

Nicole Clark, LMSW @NicoleClarkLMSW
RT @karenzgoda: I agree! Students have so little control over their lives from work to school to family to lots of other things they HAVE to do...

Dr. Nancy Kusmaul @nancy_kusmaul
#selfcare #research #socialwork #macrosw

Karen Zgoda @karenzgoda
RT @aubree0119: @AbbyRameyMSW Sending you good vibes, girl!!! #MacroSW https://t.co/m5fgYpOYJB

Karen Zgoda @karenzgoda
RT @JLuriaLISW: This is Eleanor not having the #MacroSW chat during walk time@ https://t.co/YyMrzN9e3R

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz @nancy_kusmaul @aubree0119 @NicoleClarkLMSW @nancy_kusmaul @aubree0119 @NicoleClarkLMSW similar to a client in a counseling session!! There has to be a "treatment plan" (lesson plan) and an idea of moving forward #MacroSW #ThinkSolutionsFocused

Karen Zgoda @karenzgoda
RT @TheMattSchwartz: @JoThoHalloran @spcummings absolutely - it has to be more than just words in a syllabus. It has to be practice. #m...

Karen Zgoda @karenzgoda
RT @newsocialworker: #MacroSW I got a @fitbit for self-care & today is my 1-year anniversary.

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RT @SunyaFolayan: Jeez! Sorry about typos. I'm on a very small screen at the moment. Having been through professional burnout twice over...

Stephen Cummings LISW @spcummings
@TheMattSchwartz @JoThoHalloran Yes, true self-care is foundational, a way of being. The stretching exercise was intended to be an exampl... something more We could do for ourselves.... #MacroSW https://t.co/HJjxtNQITC

pat kelsaw, msw @innerworksgroup
RT @nasw: Here are self-care tips/resources from the NASW North Carolina Chapter @NASWNC https://t.co/6wvncqQO8T #MacroSW https://t.co/4uUU...

Dr. Nancy Kusmaul @nancy_kusmaul
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RT @TheMattSchwartz: @nancy_kusmaul @aubree0119 @NicoleClarkLMSW @nancy_kusmaul @aubree0119 @NicoleClarkLMSW similar client in a couns...

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
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ITTIC @UBittic
Summer Slow Down! Ward off burnout, compassion fatigue, etc. https://t.co/sSezMoebI8 #MacroSW

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RT @spcummins: @TheMattSchwartz @JoThoHalloran Yes, true self-care is foundational, a way of being. The stretching exercise was inter...

Karen Zgoda @karenzgoda
@aubree0119 @jerwinMSW @JoThoHalloran @nancy_kusmaul This is also great for policy courses! It can help stimulate interest in public px and getting active in social justice. #MacroSW

aubree @aubree0119
@nancy_kusmaul @NicoleClarkLMSW I agree with that. I think our venting for the most part was innocent and typical "intern stuff" most go th #MacroSW

Linda Grobman @newsocialworker
#MacroSW another pretty awesome resource is https://t.co/32wT4ZgTVE

Shimon Cohen @ShimonDCohen
RT @TheMattSchwartz: @ShimonDCohen absolutely agreed! We are socialized (through patriarchy) to "tough it out" and to "be a man" #WhyWeNeed...

Karen Zgoda @karenzgoda
RT @UBittic: Summer Slow Down! Ward off burnout, compassion fatigue, etc. https://t.co/sSezMoebI8 #MacroSW

Stephen Cummings LSW @spcummins
RT @EriksenErin: #MacroSW I didn't realize what self care meant until I interned at the Texas Lege as a social worker. I never knew what ac..

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz

@spcummings do we have a Self Care @Spotify list? I know we have our revolutionary take to the streets one... #macrosw

Sunya Folayan @SunyaFolayan
@TheMattSchwartz My parents got a camper AFTER I left home. I felt a little miffed about it for a few years. My mom said, "You can have one. Buy your own". She meant that.😊 #macrosw

Shimon Cohen @ShimonDCohen
@karenzgoda 😂😂😂 #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @SunyaFolayan: @TheMattSchwartz My parents got a camper AFTER I left home. I felt a little miffed about it for a few years. My mom sa

Abby Ramey @AbbyRameyMSW
For me, the main way I practice self care is cooking. I love cooking!! I'm mostly plant based so that adds an extra level of challenge and fun. Grocery shopping and cooking are probably two of my absolute favorite, relaxing things to do! #MacroSW

Dr. Nancy Kusmaul @nancy_kusmaul
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aubree @aubree0119
@karenzgoda @jerwinMSW @JoThoHalloran @nancy_kusmaul I agree! Now I'm finding myself becoming really interested in public policy but don't know how to put that interest to use in the real world. #MacroSW

Nicole Clark, LMSW @NicoleClarkLMSW
My self care practice consists of a variety of things: Nike Training Club app, journaling, bothering my family members, listening to music, playing makeup, drinking Dr. Pepper and/or water, looking at pictures/watching videos of corgis, and playing Mortal Combat #MacroSW

Stephen Cummings @spcummings
@TheMattSchwartz @Spotify We started a Self-Care playlist on our YouTube channel...it's time to add to it; https://t.co/mJEU0U2YWs #MacroSW

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RT @nasw: #Selfcare Resource for #SocialWorkers - Burnout and Self-Care in Social Work A Guidebook for Students & Those in Mental Hea

Dr. Nancy Kusmaul @nancy_kusmaul
RT @NicoleClarkLMSW: My self care practice consists of a variety of things: Nike Training Club app, journaling, bothering my family members

aubree @aubree0119
@AbbyRameyMSW Same here. I'm vegan so I get pretty creative with our meals. It's fun and delicious!!! #vegan #socialworker #MacroSW

Shimon Cohen @ShimonDCohen
Jennifer @jerwinMSW
@aubree0119 @karenzgoda @JoThoHalloran @nancy_kusmaul I literally had a conversation about this with a student last week. It can be to figure out when you're surrounded mostly by folks going the clinical route. #macrosw

Elese Lorentzen @Mercy31353
@JoThoHalloran @nancy_kusmaul @karenzgoda Other than my foundations courses, I don't recall self care being discussed a lot. There are references to avoiding burnout or acknowledgement that it can happen. #MacroSW

NASW @nasw
Wow that's what's up - as they say! #MacroSW #selfcare playlist

Stephen Cummings 🎧 LSW @spcummings
I have this on my desk. It's a great book to have handy. #MacroSW

Dr. Nancy Kusmaul @nancy_kusmaul
RT @jerwinMSW: @aubree0119 @karenzgoda @JoThoHalloran @nancy_kusmaul I literally had a conversation about this with a student last week...-

Sunya Folayan @SunyaFolayan
RT @karenzgoda: @aubree0119 @jerwinMSW @JoThoHalloran @nancy_kusmaul I leave the first 10 minutes of every class open for students to vent,...

Stephen Cummings 🎧 LSW @spcummings
RT @nasw: Wow that's what's up - as they say! #MacroSW #selfcare playlist https://t.co/JK1bRYNG

Janet Russ 🇳 🧘 Abena_Janet
RT @nasw: #Selfcare Resource for #SocialWorkers - Burnout and Self-Care in Social Work A Guidebook for Students & Those in Mental Health ...

Dr. Nancy Kusmaul @nancy_kusmaul
RT @spcummings: @TheMattSchwartz @Spotify We started a Self-Care playlist on our YouTube channel...it's time to add to it; https://t.co/m...

aubree @aubree0119 @JoThoHalloran @karenzgoda HELP!!! lol #MacroSW

Meditation For Dummy @meditationdummy
RT @nasw: I think for me, the best #selfcare is meditation - preferably on a beach and #faraway from a #CellPhone #MacroSW #NASW 🙌 ht ...

Abby Ramey @AbbyRameyMSW
@aubree0119 Hey fellow vegan!!! What's been your fave dish lately? I just made the most delicious pasta with homemade tomato sauce, lentil meatballs, and vegan parm!! #MacroSW

Linda Grobman @newsocialworker
Thank you, Gina! We are having a chat with #MacroSW hashtag.

Nicole Clark, LMSW @NicoleClarkLMSW
My professor did a great job at connecting our venting to a concept we were learning in class #MacroSW
Ann-Marie O'Brien @StrongGirl51
Over the years I've seen excellent colleagues succumb to burnout. It's not pretty. I think striving for balance, practicing selfcare, nurturing connections, and having a good laugh helps to build resilience. #MacroSW

Jennifer @jenwinMSW
My personal self-care strategy is to get outside. I love hiking - other than my dogs, nature is the best medicine for me. #macrossw

Dr. Nancy Kusmaul @nancy_kusmaul
RT @NicoleClarkLMSW: My professor did a great job at connecting our venting to a concept we were learning in class #MacroSW https://t.co/v9…

Stephen Cummings 📅 LISW @spcummings
We are taking suggestions for our #macrosw Self-Care Playlist! https://t.co/mJEU0U2YWs

aubree @aubree0119
@AbbyRameyMSW We've been on a chickpea pasta kick lately. I make some spicy tomato sauce and roast some zucchini and squash. My mouth is watering now! #MacroSW oh, and obviously homemade breadsticks!!!!!

Matthew L. Schwartz, MBA, LMSW 🎧 @TheMattSchwartz
RT @spcummings: We are taking suggestions for our #macrosw Self-Care Playlist! https://t.co/mJEU0U2YWs

Matthew L. Schwartz, MBA, LMSW 🎧 @TheMattSchwartz
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Stephen Cummings 📅 LISW @spcummings
@newsocialworker I am really encouraging it. Next year I am planning to make it a choice for an assignment! #MacroSW

Matthew L. Schwartz, MBA, LMSW 🎧 @TheMattSchwartz
RT @spcummings: @newsocialworker I am really encouraging it. Next year I am planning to make it a choice for an assignment! #MacroSW

Abby Ramey @AbbyRameyMSW
@aubree0119 That honestly sounds so good!!! I could talk about food all day tbh lol. #MacroSW

Erin Eriksen @EriksenErin
#macrosw how can we send them after the chat? I have many!

Dr. Nancy Kusmaul @nancy_kusmaul
@spcummings I'm old school- Eye of the Tiger, Dancing Queen, and other 80's/90's. #macrossw

Karen ❤️ Zgoda @karenzgoda
@aubree0119 The student was so busy and was not making time for self-care. It forced the student to make it a routine! So NOW when you watch cat videos just call it self-care. 😋 #MacroSW https://t.co/7u06gBHDpX

Dr. Nancy Kusmaul @nancy_kusmaul
RT @newsocialworker: #MacroSW Since tonight's topic is selfcare - I'll share our selfcaresummer series link https://t.co/ejX2iAice7

Karen ❤️ Zgoda @karenzgoda
RT @newsocialworker: @karenzgoda Cool! #MacroSW https://t.co/YWL3pMnfSa

aubree @aubree0119
@AbbyRameyMSW Same, girl! I have a really easy, basic breadstick recipe I can post later. I won't lie, there have been nights we literally only breadsticks for dinner! haha #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@aubree0119 @AbbyRameyMSW basic breadsticks sound AMAZING #macrosw

Karen Zgoda @karenzgoda
You can clean my apartment ANYTIME - I'm here to support self-care! #MacroSW

Dr. Nancy Kusmaul @nancy_kusmaul
RT @karenzgoda: @aubree0119 The student was so busy and was not making time for self-care. It forced the student to make it a routine! Sc

Molly Alvord @MollyAlvord
RT @nasw: #Selfcare Resource for #SocialWorkers - Burnout and Self-Care in Social Work A Guidebook for Students & Those in Mental Hea an...

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: You can clean my apartment ANYTIME - I'm here to support self-care! #MacroSW https://t.co/zgbLX1273s

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@karenzgoda not all heroes wear capes! #macrosw

Karen Zgoda @karenzgoda
RT @spcummings: @TheMattSchwartz @JoThoHalloran Yes, true self-care is foundational, a way of being. The stretching exercise was inter t...

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RT @karenzgoda: You can clean my apartment ANYTIME - I'm here to support self-care! #MacroSW https://t.co/zgbLX1273s

Abby Ramey @AbbyRameyMSW
@aubree0119 Omg yes please share!! I am always down to chow on some carbs #MacroSW

Karen Zgoda @karenzgoda
RT @aubree0119: @nancy_kusmaul @NicoleClarkLMSW I agree with that. I think our venting for the most part was innocent and typical 'inte

Stephen Cummings LSW @spcummings
@EriksenErin Just Post suggestions to Twitter with the #MacrosW hashtag, or tweet at or DM @OfficialMacroSW or @spcummings (that's me https://t.co/fjDBqohux7

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @spcummings: @EriksenErin Just Post suggestions to Twitter with the #MacrosW hashtag, or tweet at or DM @OfficialMacroSW or @spcummings...

Nicole Clark, LMSW @NicoleClarkLMSW
I burned out during the 6 years I was at my first job out of grad school (clinical case management). I was also building a consulting business o side, so that was also a factor. I do experience stress in my business but not at the level I experienced it at my job #MacroSW
Stephen Cummings - LISW @spcummings
RT @EriksenErin: #macrosw how can we send them after the chat? I have many! https://t.co/PT1z8cLNvV

NASW @nasw
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NASW @nasw
RT @karenzgoda: @aubree0119 The student was so busy and was not making time for self-care. It forced the student to make it a routine! Sc

Stephen Cummings - LISW @spcummings
@nancy_kusmaul Or '70s.....! #MacroSW https://t.co/VtfbSHRvBa

Karen Zgoda @karenzgoda
True! Although this also provides a great avenue for other students to offer suggestions and help, teach them to practice trouble-shooting and problem-solving, etc. But if it's the last week and no one has slept and all the papers are due, whining accepted. #MacroSW

NASW @nasw
RT @StrongGirl51: Over the years I've seen excellent colleagues succumb to burnout. It's not pretty. I think striving for balance, practici…

Karen Zgoda @karenzgoda
RT @newsocialworker: #MacroSW another pretty awesome resource is https://t.co/32wT4ZgTVE

aubree @aubree0119
@JoThoHalloran I am all over the place! I just want to see positive changes made, and I think a lot of that can be done with better policies! I'm excited with ppl like @Ocasio2018 who want the money out of politics and they want policies that HELP ppl. #MacroSW

Karen Zgoda @karenzgoda
RT @spcummings: @TheMattSchwartz @Spotify We started a Self-Care playlist on our YouTube channel....it's time to add to it; https://t.co/m.

Jennifer @jerwinMSW
@NicoleClarkLMSW Same - well, I didn't have a biz on the side 😒 But my first job was as a case manager with adults with severe mental illness and, man, that burnout was real. #macrosw

Nicole Clark, LMSW @NicoleClarkLMSW
Completely forgotten about cleaning! It's very relaxing as a form of self care #MacroSW

Linda Grobman @newsocialworker
@spcummings #MacroSW https://t.co/Z6xjG3eZl

Stephen Cummings - LISW @spcummings
RT @karenzgoda: True! Although this also provides a great avenue for other students to offer suggestions and help, teach them to practice t..

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
@JLuriaLISW I'm only half kidding when I tell people I'm getting a laminated "Crafters Corner" sign for my next conference... #macrosw

Karen Zgoda @karenzgoda
Now accepting self-care video suggestions! #MacroSW

Dr. Nancy Kusmaul @nancy_kusmaul
RT @karenzgoda: True! Although this also provides a great avenue for other students to offer suggestions and help, teach them to practice t..
Shimon Cohen @ShimonDCohen
Listening to music while grading - some of my favs: Maná, any bachata, Lauryn Hill, Beastie Boys, Linkin Park, smooth jazz, Pearl Jam, old sc hip hop, salsa mix, and much more! #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: Now accepting self-care video suggestions! #MacroSW https://t.co/nxrsWmQhgB

Abby Ramey @AbbyRameyMSW
@Mercy31353 It's okay!! Honestly having other people around me who I know are going through it too helps. #MacroSW

Sunya Folayan @SunyaFolayan
I'm feeling unfettered on #macrosw chat tonight! Nice to let our hair down. This summer I have been playing for and professional choreograph the American Dance Festival. Its really helped add to my skill and knowledge base my creative community practice. #macrosw https://t.co/qiyXGXsR

Elese Lorentzen @Mercy31353
I was just as busy this week as I usually am. I go to a legislative summit next week, so that will be a treat. But that means less time for homework #MacroSW

Stephen Cummings LSW @spcummings
RT @aubree0119: @JoThoHalloran I am all over the place! I just want to see positive changes made, and I think a lot of that can be done wit.

Abby Ramey @AbbyRameyMSW
@JoThoHalloran @aubree0119 Omg my roommate and I want to start regularly making homemade sourdough!! He's a great baker and I'm not but I want to learn! #macrosw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @SunyaFolayan: I'm feeling unfettered on #macrosw chat tonight! Nice to let our hair down. This summer I have been playing for and prof

Karen Zgoda @karenzgoda
@SunyaFolayan @TheMattSchwartz This financial literacy stuff stretches WAYYY back doesn't it? #MacroSW https://t.co/Hdo1vYvPMY

Dr. Nancy Kusmaul @nancy_kusmaul
RT @SunyaFolayan: I'm feeling unfettered on #macrosw chat tonight! Nice to let our hair down. This summer I have been playing for and prof

Stephen Cummings LSW @spcummings
@ShimonDCohen That's a subcategory all to itself! #gradingmusic #MacroSW https://t.co/yv6MRW6X8F

Jennifer Luria @JLuriaLISW
@aubree0119 @UBSSW Is that goat saying, "Hey, Aubree, this #MacroSW crowd is wicked awesome?"

Shimon Cohen @ShimonDCohen
@jerwinMSW Me too! Challenge is living in Miami where there is really no hiking (I'm from Maine and lived in Oregon and Colorado). Still work what I like to do here after 7 years. #MacroSW
Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @JLuriaLISW: @aubree0119 @UBSSW Is that goat saying, "Hey, Aubree, this #MacroSW crowd is wicked awesome?"

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @spcummings: @ShimonDCohen That's a subcategory all to itself! #gradingmusic #MacroSW https://t.co/yv6MRW6X8F

aubree @aubree0119
@JoThoHalloran I’ve been a practice administrator for a while at a law firm. I went back to school b/c I want to do something to have a positive impact on communities. #MacroSW

Sunya Folayan @SunyaFolayan
RT @karenzgoda: @aubree0119 The student was so busy and was not making time for self-care. It forced the student to make it a routine! Sc

Vilissa Thompson @VilissaThompson
RT @spcummings: We are taking suggestions for our #macrosw Self-Care Playlist! https://t.co/mJEU0U2YWs

Stephen Cummings @spcummings
RT @SunyaFolayan: I'm feeling unfettered on #macrosw chat tonight! Nice to let our hair down. This summer I have been playing for and prof

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
I'm about to start my summer re-read of the Harry Potter series #WhereAreMyHufflepuffs? #macrosw

claire lynch @claiiireSW
My self care looks like taking a bath but also looks like evaluating my thoughts and actions to encourage personal growth #MacroSW

Dr. Nancy Kusmaul @nancy_kusmaul
Well speaking of self care, I'm falling asleep so I'm going to sign off to do that. Happy Summer #macrosw friends!

aubree @aubree0119
@JoThoHalloran I just feel disconnected since my school is an hour+ away and I don’t have connections in the field in my city. #MacroSW https://t.co/z4slcqcZaY

Nicole Clark, LMSW @NicoleClarkLMSW
@EriksenErin I would focus on my business in the early hours, after work and on the weekends. Plus my business focus was completely separate from my day job focus, so I was able to juggle them until it was time to make my transition into my business full time #MacroSW

NASW @nasw
RT @TheMattSchwartz: I’m about to start my summer re-read of the Harry Potter series #WhereAreMyHufflepuffs? #macrosw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
Actually, this is #MacroSW #WhatsUpRavenclaws :-) ;-) 

Karen Zgoda @karenzgoda
Less than 5 minutes left!! #MacroSW https://t.co/pKKuCCSdvV

Dr. Nancy Kusmaul @nancy_kusmaul
RT @ShimonDCohen: @jerwinMSW Me too! Challenge is living in Miami where there is really no hiking (I'm from Maine and lived in Oregon a C…

Shimon Cohen @ShimonDCohen
@spcumings Lol yeah I use Spotify - free version & Amazon Music - I have Prime. I downloaded them onto my work laptop 😜 #MacroSW

Dr. Nancy Kusmaul @nancy_kusmaul
RT @spcumings: @ShimonDCohen That's a subcategory all to itself! #gradingmusic #MacroSW https://t.co/yv6MRW6X8F

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: Less than 5 minutes left!!! #MacroSW https://t.co/pKKuCCSdvV

Abby Ramey @AbbyRameyMSW
@Mercy31353 That's so exciting! Is the summit about a specific topic? (By the way I'm a macro student too so I appreciated what you were suggesting in class today!!!) #MacroSW

aubree @aubree0119
@JLuriaLISW @UBSSW obviously! That was his first sentence! #MacroSW

Abby Ramey @AbbyRameyMSW
RT @claiireSW: My self care looks like taking a bath but also looks like evaluating my thoughts and actions to encourage personal growth 🧘‍♀️.#MacroSW

Nicole Clark, LMSW @NicoleClarkLMSW
@jerwinMSW Same here. Mostly adults dealing with homelessness, severe mental health, substance use and other chronic conditions #MacroSW

Abby Ramey @AbbyRameyMSW
@claiireSW Yes - that introspection is so key #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @aubree0119: @JLuriaLISW @UBSSW obviously! That was his first sentence! #MacroSW

Jennifer @jerwinMSW
@ShimonDCohen I'm super close to the Great Smoky Mountain NP, so I escape as often as possible. For my sanity, I know I need to be somewhere with good hiking/outdoorsy stuff after graduation. #macrosw

Dr. Nancy Kusmaul @nancy_kusmaul
@aubree0119 @JoThoHalloran I commuted to @UBSSW from Rochester for my PhD. You're not alone! #macrow

Stephen Cummings @spcumings
@ShimonDCohen macrosw uses YouTube for our playlists, as it seems to be the most link—able to Twitter for now

Karen Zgoda @karenzgoda
For more self-care resources, check out #MacroSW partner @PatShellySSW's list here: Summer Reading, Viewing, and Listening List 2018 https://t.co/yLxpjVe1c https://t.co/VrLKzA7pb4

Karen Zgoda @karenzgoda
RT @StrongGirl51: Over the years I've seen excellent colleagues succumb to burnout. It's not pretty. I think striving for balance, practici...

NASW @nasw
RT @karenzgoda: For more self-care resources, check out #MacroSW partner @PatShellySSW's list here: Summer Reading, Viewing, and Listening…

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: For more self-care resources, check out #MacroSW partner @PatShellySSW's list here: Summer Reading, Viewing, and Listening...

Linda Grobman @newsocialworker
#MacroSW Here's something fun for #selfcare. https://t.co/3KYzMIAKM7

Karen Zgoda @karenzgoda
RT @NicoleClarkLMSW: My professor did a great job at connecting our venting to a concept we were learning in class #MacroSW https://t.co/cyG89HvLJG

Jennifer @jerwinMSW
@NicoleClarkLMSW Yep. Sounds like we had similar jobs. I worked on an ACT team. #macrosw

Karen Zgoda @karenzgoda
I will respond to tweets as fast as I can! #MacroSW

NASW @nasw
RT @spcummings: @ShimonDCohen #macrosw uses YouTube for our playlists, as it seems to be the most link—able to Twitter for now

Shimon Cohen @ShimonDCohen
@spcummings Nice! #MacroSW

Sunya Folayan @SunyaFolayan
Indeed it does! #macrosw

Erin Eriksen @EriksenErin
#MacroSW can I just say this group chat thing is wild! And wildly wonderful! There are like 10 new people I need to follow and then respond to Wow! Way to start many awesome new conversations!

Linda Grobman @newsocialworker
RT @karenzgoda: For more self-care resources, check out #MacroSW partner @PatShellySSW's list here: Summer Reading, Viewing, and Listening...

Dr. Nancy Kusmaul @nancy_kusmaul
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RT @karenzgoda: For more self-care resources, check out #MacroSW partner @PatShellySSW's list here: Summer Reading, Viewing, and Listening...

Nicole Clark, LMSW @NicoleClarkLMSW
@jerwinMSW I had a few clients that were part of ACT teams. It was intense at times but it looked as though they were getting the care they need #MacroSW

Karen Zgoda @karenzgoda
Thank you for joining us tonight. I wish you happiness, rest, and much fun during the rest of your Summer! #MacroSW https://t.co/Mv7daCrt6C

Dr. Nancy Kusmaul @nancy_kusmaul
RT @EriksenErin: #MacroSW can I just say this group chat thing is wild! And wildly wonderful! There are like 10 new people I need to follow...
Nicole Clark, LMSW @NicoleClarkLMSW
I need!!!! #MacroSW

Karen Zgoda @karenzgoda
❤❤❤❤ #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: Thank you for joining us tonight. I wish you happiness, rest, and much fun during the rest of your Summer! #MacroSW http:

aubree @aubree0119
@nancy_kusmaul @JoThoHalloran @UBSSW I don't mind the commute, gives me time to listen to @UpFirst and other awesome podcasts. I don't have many opportunities to spend time outside of class with my classmates. #MacroSW

Shimon Cohen @ShimonDCohen
Some others - REM, Bruno Mars, Bruce Springsteen, Johnny Cash, Rakim y Ken-Y #MacroSW

Temi Adebisi @temmiebisi1
RT @StrongGirl51: Over the years I've seen excellent colleagues succumb to burnout. It's not pretty. I think striving for balance, practici...

Dr. Nancy Kusmaul @nancy_kusmaul
RT @karenzgoda: Thank you for joining us tonight. I wish you happiness, rest, and much fun during the rest of your Summer! #MacroSW http:

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
Okay, my cat Akiva is meowing at me and it's time for dinner! I wish everyone a peaceful & restful month, see you all in September! #macrosw

Shimon Cohen @ShimonDCohen
And one group who need their own tweet - FIFTEEN “punk rock wonderland” #MacroSW

aubree @aubree0119
@JoThoHalloran I would say advocacy, HOWEVER, I think legislation can be advocacy, yeah? #MacroSW

Karen Zgoda @karenzgoda
See you September 6th with chat host @AlyssaLotmore! #MacroSW https://t.co/eqwjUWdDve

Karen Zgoda @karenzgoda
RT @newsocialworker: #MacroSW Here's something fun for #selfcare. https://t.co/3KYzMIAKM7

Nicole Clark, LMSW @NicoleClarkLMSW
RT @newsocialworker: #MacroSW Here's something fun for #selfcare. https://t.co/3KYzMIAKM7

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: We have no questions tonight, no agenda! We are here to connect, chill out, and have fun with each other's company. #Ma

Sunya Folayan @SunyaFolayan
Enjoy your summer everyone! Take care and join us when we resume in September. We will continue to grow, challenge and support one ano
We have more great chats coming and some new surprises. Good night! #macrosw

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: See you September 6th with chat host @AlyssaLotmore! #MacroSW https://t.co/eqwjUWdDve
Jennifer @jerwinMSW
Alright, y'all. The hounds are staring at me...they know it's almost bed time. This has been great! #macrosw

Shimon Cohen @ShimonDCohen
@jerwinMSW That sounds awesome! #MacroSW

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
Thank you for hosting @karenzgoda!! #MacroSW

Jennifer @jerwinMSW
RT @TheMattSchwartz: Thank you for hosting @karenzgoda!! #MacroSW

Shimon Cohen @ShimonDCohen
@EriksenErin @jerwinMSW For sure. There are trails and stuff, but it's nothing like other places I've been. It's okay, though. Acceptance is als care 😊 #MacroSW

Eriel Wright @WrightEriel
#selfcare Fun beach day ,#icecream from @SodaJerks and lots of fun with my daughter! #MacroSW

aubree @aubree0119
@EriksenErin Make sure to come back after the August break!! #MacroSW

ITTIC @UBittic
Thank you for the chat, the resources, self-care experiences and fun on the last macro chat of the summer. Take care! #MacroSW

Nicole Clark, LMSW @NicoleClarkLMSW
RT @SunyaFolayan: Enjoy your summer everyone! Take care and join us when we resume in September. We will continue to grow, challenge su…

Karen Zgoda @karenzgoda
@aubree0119 @JoThoHalloran Say hello to your new #MacroSW friends! https://t.co/XPlOiesMQG

Karen Zgoda @karenzgoda
RT @claiiireSW: My self care looks like taking a bath but also looks like evaluating my thoughts and actions to encourage personal growth #..

Karen Zgoda @karenzgoda
RT @TheMattSchwartz: I'm about to start my summer re-read of the Harry Potter series #WhereAreMyHufflepuffs? #macrosw

Shimon Cohen @ShimonDCohen
@WrightEriel @SodaJerks Sounds great! #MacroSW

Stephen Cummings @spcummings
@lilygc I think this is why it's being focused on more in our courses... it needs to be more understood as an essential part of our profession. #MacroSW

Shimon Cohen @ShimonDCohen
@aubree0119 @nancy_kusmaul @JoThoHalloran @UBSSW @UpFirst Check out @DoinTheWorkPod for some social work related stories tc to on your commute! #MacroSW
Karen Zgoda @karenzgoda
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Karen Zgoda @karenzgoda
RT @wrighteriel: #selfcare Fun beach day, #icecream from @SodaJerks and lots of fun with my daughter! #MacroSW

Karen Zgoda @karenzgoda
RT @TheMattSchwartz: Thank you for hosting @karenzgoda!! #MacroSW

Karen Zgoda @karenzgoda
@TheMattSchwartz #MacroSW https://t.co/xnpu4V5oIo

Karen Zgoda @karenzgoda
RT @jerwinMSW: Alright, y'all. The hounds are staring at me...they know it's almost bed time. This has been great! #macrosw

Karen Zgoda @karenzgoda
RT @SunyaFolayan: Enjoy your summer everyone! Take care and join us when we resume in September. We will continue to grow, challenge su...

Shimon Cohen @ShimonDCohen
@karenzgoda @GordonRamsay 😄😄😄 #MacroSW

Karen Zgoda @karenzgoda
RT @TheMattSchwartz: Okay, my cat Akiva is meowing at me and it's time for dinner! I wish everyone a peaceful & restful month, see you all.

Karen Zgoda @karenzgoda
RT @aubree0119: @nancy_kusmaul @JoThoHalloran @UBSSW I don't mind the commute, it gives me time to listen to @UpFirst and other awesome podca...

Erin Eriksen @EriksenErin
Whoa. I just spent a whole hour on Twitter and feel stoked and energized! When does that ever happen? #macrosw New self-care: twitter cha social workers. https://t.co/2YAkmjccp9

Matthew L. Schwartz, MBA, LMSW @TheMattSchwartz
RT @karenzgoda: @TheMattSchwartz #MacroSW https://t.co/xnpu4V5oIo

Karen Zgoda @karenzgoda
RT @ShimonDCohen: @karenzgoda Thank you and everyone on #MacroSW #community

Karen Zgoda @karenzgoda
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related stories...

Karen Zgoda @karenzgoda
RT @spcummings: @lilygc I think this is why it's being focused on more in our courses... it needs to be more understood as an essential par...

Karen Zgoda @karenzgoda
RT @EriksenErin: Whoa. I just spent a whole hour on Twitter and feel stoked and energized! When does that ever happen? #macrosw New si...

Karen Zgoda @karenzgoda
@EriksenErin I am so glad you had a great time!! See you again in the Fall. 😊 #MacroSW

Linda Grobman @newsocialworker
RT @spcummings: I have this on my desk. It's a great book to have handy. #MacroSW https://t.co/ulpXRgnvqK

aubree @aubree0119
@ShimonDCohen @nancy_kusmaul @JoThoHalloran @UBSSW @UpFirst @DoinTheWorkPod I think I just recently added that one to my lis have to make sure! #MacroSW

LeahFurbs @LeahFurbs5
My self care looks like listening to music, exercising, or going to the beach! I believe that setting out time during your day (for you and you onl) be really helpful. Prioritize your sanity! #macrosw

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