

# #MacroSW Transcript

Healthcare social media transcript of the #MacroSW hashtag.

Thu, June 6th 2019, 8:45PM – Thu, June 6th 2019, 10:15PM (America/New\_York).

See #MacroSW Influencers/Analytics.

**UB-Social Work @UBSSW**

2 hours ago



Sorry to miss tonight's #MacroSW chat - we're doing some self-care ourselves (a concert!), and will see you all next week! < Get your free copy of our @UBSSW #socialwork #selfcare infographic here: <https://t.co/aRVZ13KyzB> <https://t.co/Fzyx2dZi6P>



**Vilissa Thompson @VilissaThompson**

2 hours ago



RT @UBSSW: Sorry to miss tonight's #MacroSW chat - we're doing some self-care ourselves (a concert!), and will see you all next week! < G...



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

2 hours ago



RT @UBSSW: Sorry to miss tonight's #MacroSW chat - we're doing some self-care ourselves (a concert!), and will see you all next week! < G...



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

2 hours ago



@UBSSW I've got the infographic hanging in my office. #macrosw



**Vilissa Thompson @VilissaThompson**

2 hours ago



Welcome to the first #MacroSW chat of June!



**Vilissa Thompson @VilissaThompson**

2 hours ago



Tonight's topic is Self-Care During the Summer: <https://t.co/OfH2WCqZTN> #MacroSW





**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**  
**@VilissaThompson #macrosw <https://t.co/naaxuTAss1>**

2 hours ago



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**  
**RT @VilissaThompson: Tonight's topic is Self-Care During the Summer: <https://t.co/OfH2WCqZTN> #MacroSW**

2 hours ago



**Vilissa Thompson @VilissaThompson**  
**Please use #MacroSW hashtag in your responses - this allows us to see who's a part of the conversation. If you're new to the whole Twitter chat concept, check out our FAQs here: <https://t.co/w0tXDTNmxg>**

2 hours ago



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**  
**RT @VilissaThompson: Please use #MacroSW hashtag in your responses - this allows us to see who's a part of the conversation. If you're new...**

2 hours ago



**Vilissa Thompson @VilissaThompson**  
**I'm shouting out our #MacroSW partners: @karenzgodas @SunyaFolayan @porndaughter @PoliSW @spercummings #MacroSW**

2 hours ago



**Vilissa Thompson @VilissaThompson**  
**I also want to shout out our chat contributors @AlyssaLotmore, @acosaorg, & @ubssw. #MacroSW**

2 hours ago



**Karen 🌹 Zgodas @karenzgodas**  
**Hello #MacroSW Karen here in Boston LET'S GO BRUINS!!! #StanleyCup <https://t.co/JQfdS3rrHV>**

2 hours ago



**Vilissa Thompson @VilissaThompson**  
**Let's do a roll call: who's joining the chat tonight? Tell us who you are & where you're from. #MacroSW**

2 hours ago





**Karen 🌹 Zgoda @karengoda**

2 hours ago

**RT @VilissaThompson: Tonight's topic is Self-Care During the Summer: <https://t.co/OfH2WCqZTN> #MacroSW**



**Karen 🌹 Zgoda @karengoda**

2 hours ago

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**Karen 🌹 Zgoda @karengoda**

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2 hours ago

**RT @VilissaThompson: I also want to shout out our chat contributors @AlyssaLotmore, @acosaorg, & @ubssw. #MacroSW**



**Vilissa Thompson @VilissaThompson**

2 hours ago

**Hey Nancy! Glad to see you tonight! #MacroSW**



**Karen 🌹 Zgoda @karengoda**

2 hours ago

**RT @VilissaThompson: Let's do a roll call: who's joining the chat tonight? Tell us who you are & where you're from. #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

2 hours ago

**Hi #macrosw! @nancy\_kusmaul from Baltimore.**



**Vilissa Thompson @VilissaThompson**

2 hours ago

**Did you know that we launched a Patreon this year?! Check it out & support! <https://t.co/9PUqAN0KJc> #MacroSW**





**Vilissa Thompson @VilissaThompson**

2 hours ago

**If you're not able to become a Patron, you can support our work by sharing the link! #MacroSW <https://t.co/9PUqAN0KJc>**



**Velvety @Merlange**

2 hours ago

**RT @VilissaThompson: If you're not able to become a Patron, you can support our work by sharing the link! #MacroSW <https://t.co/9PUqAN0KJc>**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

2 hours ago

**@VilissaThompson Glad to see you too! #macrosw <https://t.co/g96hsMblvx>**



**Vilissa Thompson @VilissaThompson**

2 hours ago

**RT @nancy\_kusmaul: Hi #macrosw! @nancy\_kusmaul from Baltimore.**



**Vilissa Thompson @VilissaThompson**

2 hours ago

**RT @karengoda: Hello #MacroSW Karen here in Boston LET'S GO BRUINS!!! #StanleyCup <https://t.co/JQfdS3rrHV>**



**Vilissa Thompson @VilissaThompson**

an hour ago

**Hey Lindsay! Glad to have you join us tonight! #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**Q1 will be up in a minute! #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**Q1: How have you been practicing self-care so far this year? #MacroSW**



Tea & 🇺🇸 & Music @rudetuesday

an hour ago



RT @VilissaThompson: Did you know that we launched a Patreon this year?! Check it out & support! <https://t.co/9PUqAN0KJc> #MacroSW

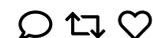


Vilissa Thompson @VilissaThompson

an hour ago



A1a: If you're new to self-care, this starter kit by @UBSSW is a good tool to check out: <https://t.co/mtANI6E5SZ> #MacroSW



Karen 🌹 Zgoda @karengoda

an hour ago



I would also like to add that I knew @nancy\_kusmaul would like this tweet. #MacroSW <https://t.co/1K1C2xCqXj>



Nancy Kusmaul, PhD, MSW @nancy\_kusmaul

an hour ago



@VilissaThompson A1: It's been a rough year, on a number of fronts. The only thing I've been able to do consistently is daily walks. #macrosw



Vilissa Thompson @VilissaThompson

an hour ago



A1b: For me, unplugging from social media, being realistic about my capacity when it comes to projects, & saying no to things (& people) have been key self-care actions I've taken in 2019. #MacroSW



Nancy Kusmaul, PhD, MSW @nancy\_kusmaul

an hour ago



RT @VilissaThompson: A1a: If you're new to self-care, this starter kit by @UBSSW is a good tool to check out: <https://t.co/mtANI6E5SZ> #M...



Vilissa Thompson @VilissaThompson

an hour ago



RT @nancy\_kusmaul: @VilissaThompson A1: It's been a rough year, on a number of fronts. The only thing I've been able to do consistently is...





**Todd Sage, PhD, LMSW, CASAC II, MAC @socialworksage** an hour ago  
**RT @VilissaThompson: I also want to shout out our chat contributors @AlyssaLotmore, @acosaorg, & @ubssw. #MacroSW**



**Vilissa Thompson @VilissaThompson** an hour ago  
**@nancy\_kusmaul I've been on & off with my pedaling (cycling), but when I'm consistent, I feel so much better. Having just one thing that keeps you going is good enough when everything is a mess. #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul** an hour ago  
**@VilissaThompson A1: Those sounds like awesome goals. How successful have you been? #macrosw**



**Melanie Lybarger @MelanieLybarger** an hour ago  
**RT @VilissaThompson: I'm shouting out our #MacroSW partners: @karengoda @SunyaFolayan @porndaughter @PoliSW @spcumings #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul** an hour ago  
**RT @VilissaThompson: @nancy\_kusmaul I've been on & off with my pedaling (cycling), but when I'm consistent, I feel so much better. Havin...**



**Lindsay Natzel, MSW @L\_Natzel** an hour ago  
**@VilissaThompson A1: Exercising, art, and staying organized! (the last one isn't necessarily fun... but sometimes self care needs to be for your future self) #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul** an hour ago  
**RT @L\_Natzel: @VilissaThompson A1: Exercising, art, and staying organized! (the last one isn't necessarily fun... but sometimes self care n...**





**Karen 🌹 Zgoda @karenzgoda**

an hour ago

**RT @VilissaThompson: Q1: How have you been practicing self-care so far this year? #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**@nancy\_kusmaul The capacity one has been the strongest - my health & well-being are my priorities this year. The "say no" has been the 2nd consistent one. The unplugging I've been adamant about over the past 2 months. Aiming to keep all going for the rest of the year. #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**Making room for my future self has been the main objective - love it, Lindsay! #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**RT @L\_Natzel: @VilissaThompson A1: Exercising, art, and staying organized! (the last one isn't necessarily fun... but sometimes self care n...**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

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**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**@VilissaThompson Someone said to me that saying yes to something is saying no to something else, we just don't always realize that. #macrosw**



**• L.L. Eliot • @Letheliah**

an hour ago

**RT @VilissaThompson: A1a: If you're new to self-care, this starter kit by @UBSSW is a good tool to check out: <https://t.co/mtANI6E5SZ> #M...**



**Vilissa Thompson @VilissaThompson**

an hour ago

**@nancy\_kusmaul Sometimes saying no to something (or someone) is saying yes to ourselves. I think that's a concept we don't fully grasp. Putting us first is hard to do, esp. if you're in this field & am always giving. #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**RT @VilissaThompson: @nancy\_kusmaul Sometimes saying no to something (or someone) is saying yes to ourselves. I think that's a concept we...**



**Karen 🇺🇸 Zgoda @karengoda**

an hour ago

**A1: I do not practice enough self-care this year. However, I am paying down financial debt. #MacroSW <https://t.co/2uCJRnvevn>**



**Vilissa Thompson @VilissaThompson**

an hour ago

**Q2: How do you incorporate self-care in your professional work? #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**A2: Great article for social service professionals: <https://t.co/hMCGfVdwNI> #MacroSW**



**Karen 🇺🇸 Zgoda @karengoda**

an hour ago

**@nancy\_kusmaul @VilissaThompson That was @melaniesage! #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**RT @VilissaThompson: A2: Great article for social service professionals: <https://t.co/hMCGfVdwNI> #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**@karengoda @VilissaThompson @melaniesage I should have know it was someone really smart! #macrosw**



**Four Wheel Workout™ 🇺🇸 aka Four Wheel JD™ @4WheelWorkOut**

an hour ago

**RT @VilissaThompson: Q2: How do you incorporate self-care in your professional work? #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**@VilissaThompson A2: Not as well as I should. Keeping organized in my work is my self-care. Knowing what needs to be done next and setting priorities helps keep the stress down. #macrosw**



**Vilissa Thompson @VilissaThompson**

an hour ago

**RT @nancy\_kusmaul: @VilissaThompson A2: Not as well as I should. Keeping organized in my work is my self-care. Knowing what needs to be d...**



**Karen 📌 Zgoda @karenzgoda**

an hour ago

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**Vilissa Thompson @VilissaThompson**

an hour ago

**@nancy\_kusmaul How are you going to incorporate organization to assist with lessening stress? #MacroSW**



**Vilissa Thompson @VilissaThompson  
#MacroSW**

an hour ago



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**RT @VilissaThompson: #MacroSW <https://t.co/ssVs568OeE>**



**Lindsay Natzel, MSW @L\_Natzel**

an hour ago

**@VilissaThompson Thank you, I ran out of characters! #macrosw**



**Vilissa Thompson @VilissaThompson  
Preach it! #MacroSW**

an hour ago



**melissa @hulkisholmes**

an hour ago

**I feel like I do all the self-care - weekly therapy sessions, baths, body work - this year feels more like a moral injury that I can't recup from.**



**Vilissa Thompson @VilissaThompson**

an hour ago

**@L\_Natzel I'm glad you shared that resource - I'm going to do that survey. #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**@VilissaThompson I'm a list maker. Having a list of tasks (long and short-term) reduces my stress. There's a lot of satisfaction in crossing things off the list. #macrosw**



**Vilissa Thompson @VilissaThompson  
#MacroSW**

an hour ago



**Karen 🙌 Zgoda @karengoda**

an hour ago

**A2: I am pretty good at this! I take little breaks throughout the day, communicate with my supervisor regularly so stress doesn't get overwhelming, and take walks. Sometimes just going outside a few minutes helps reset me. #MacroSW  
<https://t.co/NUxezMQZ90>**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**RT @karengoda: A2: I am pretty good at this! I take little breaks throughout the day, communicate with my supervisor regularly so stress d...**



**Heather McCabe @professormccabe**

an hour ago

**You find the most amazing advocates at @ASLMENews #HLP19 @LeoBeletsky #MacroSW #harmreduction <https://t.co/INrq2P9ui1>**



**Priscilla Phetsamone Cerebral Palsy Warrior ❤️ @PriscillaPetra1**

an hour ago

**@VilissaThompson I accidentally deleted it sorry 😊. So here's the tweet again 👉 Writing my stories, & working out / stretches. What I mostly concentrate on this summer #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**@nancy\_kusmaul Same! This is why I keep planners & notebooks around - helps me stay on top of things & let's me see what I get done. #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**RT @PriscillaPetra1: @VilissaThompson I accidentally deleted it sorry 😊. So here's the tweet again 👉 Writing my stories, & working out / s...**



**Melanie Sage**   @melaniesage

an hour ago

**Busting in to #macrosw to say that my dissertation was about how #selfcare is not just an individual commitment: organizations need to support healthy workplaces for employees. Much of wellness is dependent on workplace culture.**



**Melanie Lybarger** @MelanieLybarger

an hour ago

**RT @VilissaThompson: Q2: How do you incorporate self-care in your professional work? #MacroSW**



**Vilissa Thompson** @VilissaThompson

an hour ago

**No problem! This is great, Priscilla! #MacroSW**



**Melanie Sage**   @melaniesage

an hour ago

**RT @VilissaThompson: A1a: If you're new to self-care, this starter kit by @UBSSW is a good tool to check out: <https://t.co/mtANI6E5SZ> #M...**



**Nancy Kusmaul, PhD, MSW** @nancy\_kusmaul

an hour ago

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**Nancy Kusmaul, PhD, MSW** @nancy\_kusmaul

an hour ago

**RT @melaniesage: Busting in to #macrosw to say that my dissertation was about how #selfcare is not just an individual commitment: organizat...**



**Karen**  Zgoda @karenzgod

an hour ago

**RT @melaniesage: Busting in to #macrosw to say that my dissertation was about how #selfcare is not just an individual commitment: organizat...**



**Daniel Goldberg** @prof\_goldberg

an hour ago

**RT @professormccabe: You find the most amazing advocates at @ASLMENews #HLP19 @LeoBeletsky #MacroSW #harmreduction <https://t.co/INrq2P9ui1>**



**Vilissa Thompson** @VilissaThompson

an hour ago

**Q3: Summertime means many are looking to unwind and have fun. What trips, activities, events, etc., are on your summer bucket list? #MacroSW**



**Kelly K. Dineen @dineenkk**

an hour ago

**RT @professormccabe: You find the most amazing advocates at @ASLMENews #HLP19 @LeoBeletsky #MacroSW #harmreduction <https://t.co/INrq2P9ui1>**



**Karen 🗳️ Zgoda @karenzgod**

an hour ago

**RT @VilissaThompson: #MacroSW <https://t.co/NLwyew5Ykb>**



**Soak My Soul @Les\_The\_Great**

an hour ago

**I've worked on not procrastinating. I used to think procrastinating made me work more efficiently but even after I finish the assignment my anxiety is on 10 bc of all the stress of being under the gun. I'm also set deadlines for everything for myself for the same reason.**



**Karen 🗳️ Zgoda @karenzgod**

an hour ago

**RT @VilissaThompson: No problem! This is great, Priscilla! #MacroSW <https://t.co/WwpZtowk1U>**



**Karen 🗳️ Zgoda @karenzgod**

an hour ago

**RT @VilissaThompson: Q3: Summertime means many are looking to unwind and have fun. What trips, activities, events, etc., are on your summ...**



**Vilissa Thompson @VilissaThompson**

an hour ago

**#MacroSW**



**Lindsay Natzel, MSW @L\_Natzel**

an hour ago

**@VilissaThompson Seeing my favorite podcast live, traveling to see some old friends, and a few weddings! On the bucket list that's not yet planned is a trip to Cedar Point! #macrosw**



**Vilissa Thompson @VilissaThompson**

an hour ago

**A3: If you feel a bit stumped as to what to do this summer, this is a good list to check out: <https://t.co/wDzluvcyao> #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**@VilissaThompson A4: My summer is uncertain due to some factors beyond my control, but my goal is to get to as many minor league baseball games as I can muster. #macrosw**



**Vilissa Thompson @VilissaThompson**

an hour ago

**RT @L\_Natzel: @VilissaThompson Seeing my favorite podcast live, traveling to see some old friends, and a few weddings! On the bucket list t...**



**Matt Lawrence @mjblawrence**

an hour ago

**RT @professormccabe: You find the most amazing advocates at @ASLMENews #HLP19 @LeoBeletsky #MacroSW #harmreduction <https://t.co/INrq2P9ui1>**



**Vilissa Thompson @VilissaThompson**

an hour ago

**@L\_Natzel Nice!! As a podcast fan, which one?? #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**RT @nancy\_kusmaul: @VilissaThompson A4: My summer is uncertain due to some factors beyond my control, but my goal is to get to as many mino...**



**Karen 🙋 Zgoda @karengoda**

an hour ago

**A3: Going to my godson's wedding and celebrating my birthday weekend watching #StrangerThings! #MacroSW <https://t.co/4U1P3Wq6E9>**



**Vilissa Thompson @VilissaThompson**

an hour ago

**@nancy\_kusmaul Do you have a particular team you're amped about seeing, or just want to see the games & enjoy? #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**RT @karengoda: A3: Going to my godson's wedding and celebrating my birthday weekend watching #StrangerThings! #MacroSW <https://t.co/4U1P3...>**



**Vilissa Thompson @VilissaThompson**

an hour ago

**@karengoda Those will be fun times! #MacroSW**



**Melanie Sage 🖥️👤@melaniesage**

an hour ago

**someday (if not now) when you're administrators/in policy-making roles you can bring #socialwork values & commitment to assure your work culture & employee supports are good. Peer support, high qual supervision, flexibility, role clarity, autonomy, realistic expectations. #MacrosW**



**DT Bruno @dplusbruno**

an hour ago

**First @DeafSocialWork presentation of the career! The PPT is live at <https://t.co/eWnEghuKvo> #MacroSW #EmpowerUp #NASWNYS <https://t.co/lblfbFG9Hj>**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**@VilissaThompson Just want to see the games and enjoy. We've been in Maryland five years and have only been to two of the five teams within an hour's drive. #macrosw**



**DT Bruno, BSW @DeafSocialWork**

an hour ago

**RT @dplusbruno: First @DeafSocialWork presentation of the career! The PPT is live at <https://t.co/eWnEghuKvo> #MacroSW #EmpowerUp #NASWNYS h...**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**RT @melaniesage: someday (if not now) when you're administrators/in policy-making roles you can bring #socialwork values & commitment to as...**



**Karen 🙋 Zgoda @karenzgoda**

an hour ago

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**Vilissa Thompson @VilissaThompson**

an hour ago

**@nancy\_kusmaul That's going to be a fun time. See as many as you can! #MacroSW**



**Karen 🙋 Zgoda @karenzgoda**

an hour ago

**RT @melaniesage: someday (if not now) when you're administrators/in policy-making roles you can bring #socialwork values & commitment to as...**



**Priscilla Phetsamone Cerebral Palsy Warrior ❤️ @PriscillaPetra1**

an hour ago

**@VilissaThompson Well I went to Reno NV, last weekend, with my family for a 2 days trip, it was fun. I did get carded when I order myself a margarita though. The bartender lady thought I was 19 😊. I'm gonna be 30 next month. Then on sunday I'm going to a #WWE wrestling live event #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**RT @PriscillaPetra1: @VilissaThompson Well I went to Reno NV, last weekend, with my family for a 2 days trip, it was fun. I did get carded...**



**Vilissa Thompson @VilissaThompson**

an hour ago

**@PriscillaPetra1 Getting carded when you're over 21 is something else! The wrestling event sounds like a good ole time to me! #MacroSW**



**Sunya Folayan @SunyaFolayan**

an hour ago

**A3. Spending time with my grandsons and lots of train travel. Taking myself to a B&B, releasing some work and refocusing. Adding more studio, nature, and writing time. #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**Q4: What advice would you give new social workers about practicing self-care & its importance? #MacroSW (This is the last question of the night!)**



**Vilissa Thompson @VilissaThompson**

an hour ago

**A4: My main advice: take your leave. Use your time off to do something for you. #MacroSW**



**Melanie Sage  @melaniesage**

an hour ago

**@VilissaThompson A4. Choose to work at a place that values you as a human w/a life, remember that the world will continue to turn if you're not there and that you're no good to anyone if you're hanging by a thread. #macrosw**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**RT @VilissaThompson: A4: My main advice: take your leave. Use your time off to do something for you. #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**#MacroSW**



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an hour ago

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an hour ago

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**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**RT @VilissaThompson: #MacroSW <https://t.co/9jj7nrwJ15>**



**Karen**  **Zgoda @karenzgod**

an hour ago

**A4: A workplace that does not support self-care is a red flag - keep your resume updated! #MacroSW <https://t.co/cNe2lqqjtG>**



**Lindsay Natzel, MSW @L\_Natzel**

an hour ago

**@VilissaThompson That it isn't always a #TreatYourself deal, self-care can be indulging in favorite foods, etc., but it's taking CARE of your SELF so that includes things like staying organized, eating right, and keeping your house clean, etc. It isn't always fun but it IS necessary. #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**

an hour ago

**RT @L\_Natzel: @VilissaThompson That it isn't always a #TreatYourself deal, self-care can be indulging in favorite foods, etc., but it's tak...**



**Vilissa Thompson @VilissaThompson**

an hour ago

**RT @L\_Natzel: @VilissaThompson That it isn't always a #TreatYourself deal, self-care can be indulging in favorite foods, etc., but it's tak...**



**Karen**  **Zgoda @karenzgod**

an hour ago

**RT @L\_Natzel: @VilissaThompson That it isn't always a #TreatYourself deal, self-care can be indulging in favorite foods, etc., but it's tak...**



**Vilissa Thompson @VilissaThompson**

an hour ago

**A WORD! #MacroSW**



**Vilissa Thompson @VilissaThompson**

an hour ago

**@L\_Natzel I so agree. Doing what is necessary for you is always the right kind of self-care to partake in (even when it's adulting tasks to help better yourself). #MacroSW**



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**  
**RT @VilissaThompson: A WORD! #MacroSW**  
**<https://t.co/26CHnI4zZD>**

an hour ago



**Melanie Sage @melaniesage**  
**RT @L\_Natzel: @VilissaThompson That it isn't always a**  
**#TreatYourself deal, self-care can be indulging in favorite foods,**  
**etc., but it's tak...**

an hour ago



**Nancy Kusmaul, PhD, MSW @nancy\_kusmaul**  
**RT @VilissaThompson: @L\_Natzel I so agree. Doing what is**  
**necessary for you is always the right kind of self-care to partake**  
**in (even when...**

an hour ago



**Melanie Sage @melaniesage**  
**RT @karengoda: A4: A workplace that does not support self-care**  
**is a red flag - keep your resume updated! #MacroSW**  
**<https://t.co/cNe2lqqjtG>**

an hour ago



**Karen Zgoda @karengoda**  
**RT @VilissaThompson: @L\_Natzel I so agree. Doing what is**  
**necessary for you is always the right kind of self-care to partake**  
**in (even when...**

44 minutes ago



**Vilissa Thompson @VilissaThompson**  
**Thank you to all that participated tonight! I hope that your**  
**summer is filled with great memories! #MacroSW**

42 minutes ago



**Vilissa Thompson @VilissaThompson**  
**Join us next Thursday for the last part of the Sex Workers series**  
**by @porndaughter #MacroSW**

42 minutes ago



**Sunya Folayan @SunyaFolayan**  
**@VilissaThompson Enjoy, Vilissa! See you at the retreat!#MacroSW**

41 minutes ago



**Christopher Scott, MSW, CSWA @hhsocialwork**  
**RT @karengoda: A4: A workplace that does not support self-care**  
**is a red flag - keep your resume updated! #MacroSW**  
**<https://t.co/cNe2lqqjtG>**

41 minutes ago



**Vilissa Thompson @VilissaThompson**  
**@SunyaFolayan Same to you, Sunya! #MacroSW**

41 minutes ago



**Lindsay Natzel, MSW @L\_Natzel**  
**RT @VilissaThompson: @L\_Natzel I so agree. Doing what is necessary for you is always the right kind of self-care to partake in (even when...**

40 minutes ago



**Karen Zgoda @karenzgoda**  
**@melaniesage #MacroSW <https://t.co/ZRTQSn4oAx>**

39 minutes ago



**Sunya Folayan @SunyaFolayan**  
**Cool! Thank you. #MacroSW**

39 minutes ago



**Vilissa Thompson @VilissaThompson**  
**RT @SunyaFolayan: Cool! Thank you. #MacroSW <https://t.co/e7D35CR5sk>**

39 minutes ago



**Karen Zgoda @karenzgoda**  
**RT @VilissaThompson: Thank you to all that participated tonight! I hope that your summer is filled with great memories! #MacroSW**

38 minutes ago



**Vilissa Thompson @VilissaThompson**  
**Now I'm about to do some self-care by unplugging & going to bed because it has been a long, yet good day. Practicing what I shared on here, aren't I? #MacroSW**

37 minutes ago



**Neauxna @neauxna**  
**RT @VilissaThompson: Now I'm about to do some self-care by unplugging & going to bed because it has been a long, yet good day. Practicin...**

35 minutes ago



**Freedom News 411 @FreedomNews411**  
**RT @VilissaThompson: A3: If you feel a bit stumped as to what to do this summer, this is a good list to check out: <https://t.co/wDzluvcy...>**

32 minutes ago



**Freedom News 411 @FreedomNews411**  
**RT @SunyaFolayan: Cool! Thank you. #MacroSW <https://t.co/e7D35CR5sk>**

31 minutes ago



**Encyclopedia Brown @akeem716**

28 minutes ago

**RT @VilissaThompson: Now I'm about to do some self-care by unplugging & going to bed because it has been a long, yet good day. Practicin...**

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