

SELF-CARE SESSION WITH STUDENTS FROM TISS

“What is self-care?”

Self-care. this is a term used often. In Social Work settings, we accept that our role requires us to interact with and be part of another’s intense emotions and experiences including joy, grief, trauma; accept the importance of self-care as a practice, and therapy as a need for professionals working in high –stress, high-trauma situations.

The **School of Social Work, TISS**, invited Khula Aasman to conduct a session on self-care with the Students of Social Work on the 24th of January 2018. Through the workshop we used drumming, art and games to explore connections between the self and other and arrive at definitions of care for ourselves.

The students thoroughly enjoyed the session, a deviation from routine theoretical lectures; each leaving after making a commitment to themselves for their own wellbeing.



