

# JOSIE JOTS HER THOUGHTS

## MONTHLY NEWSLETTER

### MESSAGE FROM JOSIE:

Happy March Everyone! As we enter Women's History month and Social Work Month, we are so excited for that to come and hope you all have had a good start to the beginning of the new year! We hope to use this month to celebrate all the amazing contributions that Women (ALL women) and social workers provide to our communities and our world!

This time of year can also be a stressful time for many. What does it look like for us taking care of ourselves? What does it look like to move through stress? These are questions that we will address on our social media, our blog, and more!



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### BUSINESS UPDATES:

- *This month, we are leaning into amazing partnerships with our consulting partners where we help them with developing curricula, courses, workshops and more! We are excited to share what they create and all the knowledge they have to share with the world.*
- *We also are going to be sharing and highlighting resources on our new resource directory page! Why is this important to us? It's important because we believe that resources should be easily accessible to all, regardless of whether you are looking for a private practice therapist or therapy overall. We also believe that resources allow for folks to not feel alone in their experiences and know that there are organizations that work to help dismantle the very issues that cause us to experience loneliness.*

## CONTENT DEVELOPMENT TIPS

*Check out these tips and tricks if your looking to start developing content as part of your practice!*

- **Get Outside!**
  - Getting outside might seem a little off regarding what the work we do, but getting outside helps with mood by increasing cortisol levels and reducing stress. This will help you reconnect to what's most important to you and brainstorm amazing ideas that will help us all!
- **Learn What's Out There!**
  - Are you thinking of a topic and are unsure if other folks are providing similar service? I would recommend checking out resources like Google Scholar or your local therapist directories to learn about who holds the same specialities as you and the ways that they go about sharing them!
- **Network! Network! Network!**
  - In order to learn more and build content, we need to know our audience. It is important to connect with people within your field and network in order to learn about what is missing based on your area of expertise. Zoom coffee dates, in person coffee dates, and phone connection calls can go a long way!

## HIDDEN GEMS:

This month, we're highlighting two hidden gems in our communities! Open Path Collective And Healing Arts Collective are sister organizations that provide a directory of low-cost services for mental health (Open Path), coaching, nutrition, and so many other Wellness services (Healing Arts Collective). Their directories are available nationwide and have a one-time fee of \$60 to join! If you are looking for a low-cost resource for finding a therapist or Wellness practitioner, this may be a great place to start!



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