



Caring for Yourself While Caring for Others: Individual and Organizational
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Presentation Recording: [Access Here](#)

Presentation Slides: [Access Here](#)

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Please complete this evaluation of the webinar, and we appreciate your feedback and ideas for future topics.

- Access the Evaluation Survey [Here](#)

Questions + Answers

- How about working with someone who has unattended psychology issues?

This can definitely increase our risk of burnout and compassion fatigue whether it is a colleague or client.

- Can you expand on toxic positivity?

Toxic positivity is about not holding space for someone's authentic experience if it is not positively focused. It is important to focus on what the person needs, instead of trying to get them to only see the positive.

For more on toxic positivity, take a look at Brene Brown's podcast around this topic:

<https://brenebrown.com/podcast/brene-with-dr-susan-david-on-the-dangers-of-toxic-positivity-part-1-of-2/>

- Any tips for those without extended family and wanting to connect with ancestral roots?

This can apply to anyone who you connect with and view as wise or powerful, that you feel you and draw strength from.

Additional Resources

- [The National Child Traumatic Stress Network](#)
- [UCLA-Duke ASAP Center](#)
- [PROQOL Professional Quality of Life Scale](#)
- [Secondary Traumatic Stress Screening Tool](#)
- [Pause-Reset-Nourish \(PRN\)](#)

Upcoming Trainings:

Please join our upcoming trainings, register here:

- Sept 22 10 am - 11:30 am | [OYC LAP3 Quarterly: Promoting Equitable Employment for Foster Youth](#)
- Sept 30 10 am - 11:30 am | [Motivating Change In Young Adults: Understanding the Basics of Motivational Interviewing](#)