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The Sheltered Guide 04/10/20

Hello Alliance Members,

As we enter into April and the Spring season of growth and nurturing, what better time to start a new series centered on **creative therapies**! Before we dive deep into creative therapies for survivors in your residential programs in the weeks ahead, we cannot forget the holistic well-being of your staff and colleagues.

Many members have shared some of their best practices for keeping spirits high while maintaining survivor services and the day-to-day operations during our “new normal”.

- **Physical:** Don't forget to exercise by taking breaks and moving around while working from home.
- **Mental & Emotional:** Reach out to your program's counselors/therapists and ask if they would offer appointments for your staff members.
- **Relational:** Be intentional with having virtual face-to-face conversations on a regular basis. Remember, you can connect with other Alliance members via our **groups**!
- **Spiritual:** As we encourage survivors to process life changes, we as staff should also practice journaling, prayer, worship, and/or meditation.

Mark your calendars for **Thursday, April 23rd (3:00-4:30pm ET)** for our next member conference call! Dr. Rondy Smith, Founder and Executive Director of Rest Stop Ministries will host a discussion on de-escalation and conflict management within residential programs.

[Join Here!](#)

Coronavirus Resources

- Managing coronavirus-related **stress and anxiety**
- How Covid-19 could cause **triggers**
- **Companies** that are hiring!
- **Convert** your live event
- **Fundraising** during uncertain times

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