



NEWSBYTE

SUMMER 2023

Note from DoSAA Executive Board:

Dear DoSAA Members,

My name is Brahmpreet Kaur and I am DoSAA's Communication Chair! I have been a part of DoSAA for three years in various non-leadership and leadership roles. I'm excited for DoSAA's members to get to know me better and stay updated with DoSAA's upcoming events!

As the school semester has begun, I am looking forward to enjoying the last few weeks of summer. One thing I am looking forward to is the cozy fall weather and DoSAA's self-care retreat on September 24th! I cannot wait to eat and drink pumpkin-favored things and attend the rejuvenating virtual retreat! I am particularly excited about the rangoli art therapy, yoga, and Bollywood dancing sessions during the retreat. I hope to see new and familiar DoSAA members but don't forget to grab your tickets so you can enjoy the various unique and creative sessions.



-Brahmpreet Kaur, DoSAA Communication Chair

End of Summer Edition

As summer comes to an end and we roll into the latter half of 2023, we felt it necessary to bring to the forefront empathy and compassion towards the self. The demands of life can become overwhelming, whether you are trying to juggle several commitments and roles or transitioning to a new phase in life (e.g., new job/internship, getting married, first time parent, children starting school, etc.). Most everyone seems stretched thin and teetering on burnout. From the start of the pandemic and social isolation, to return to school/office mandates, there has been a lot of uncertainty and upheaval.

As we all try to manage, it is important to devote time to ensuring our well-being. Take a break and take care of yourself. Join us for DoSAA's Virtual Self-Care Retreat in September! Read on for more info about the retreat, what DoSAA has been up to and upcoming events, and self-care strategies/resources provided by a few members of our DoSAA community.

🔥 Battling Burnout: Recognize, React, Recharge 🔥

Contributor: Shilpa Shah, LMHC (she/her/hers) [Woodrose Counseling](#)
Clinical Director/Founder, Woodrose Counseling

In a world buzzing with constant activity, burnout has become a pervasive issue. The exhaustion, cynicism, and decreased productivity associated with burnout can be detrimental to our overall well-being. The first step to combating burnout is recognizing its signs: chronic fatigue, loss of interest, and emotional detachment.

When you spot these indicators, it's time to react:

- 1. Prioritize Self-Care:** Give yourself permission to rest without guilt. Engage in activities that bring you joy and relaxation, whether it's reading a book, going for a nature walk or practicing meditation, even simply drinking chai (or coffee!) out of your favorite mug.
- 2. Set Boundaries:** Learn to say no when your plate is full. Establish clear boundaries between work, personal life, and social engagements to prevent burnout.
- 3. Seek Support:** Reach out to friends, family, or a mental health professional. Talking about your feelings can alleviate emotional burden.

🌱 Nurturing Self-Care During Major Life Transitions 🌱

Life transitions, whether they're exciting or challenging, can amplify stress levels. Here's how to navigate some major transitions:

- Starting a New Job or School: Embrace a gradual approach. Break tasks into manageable steps, and remember that learning and growth take time.
- Getting Married: While planning a wedding is exciting, it can also be overwhelming. Delegate tasks, communicate openly with your partner, and prioritize self-care to enjoy the journey.
- Becoming a First-Time Parent: Parenthood is a beautiful adventure, but it's essential to seek support. Lean on family, friends, or parenting communities for guidance and reassurance.

SELF-CARE FEATURE

~ KINDNESS TOWARDS THE SELF ~

We often tend to hold ourselves to higher standards than others because it might feel selfish or self-indulgent to be kind to ourselves, when in reality, it's important for our health. Try to make time to do something that adds joy to your life. Give yourself permission to feel your feelings and stop with the negative self-talk.

Be a friend to yourself. Be kind to yourself.

🌈 SUMMER SELF-CARE TIPS 🌈

- **Stay Hydrated:** With the summer heat, hydration is key. Drinking enough water can boost your energy levels and overall well-being.
- **Embrace Nature:** Spend time outdoors to soak up the summer sun (Vitamin D) and enjoy the calming effects of nature.
- **Try Mindfulness:** Practice mindfulness to reduce stress and enhance self-awareness. Simple activities like deep breathing and journaling can make a significant difference.
- **Unplug:** Set boundaries with technology. Dedicate time each day to disconnect from screens and engage in offline activities.
- **Celebrate Small Wins:** Recognize and celebrate even the smallest achievements. Positive reinforcement can boost your motivation and mood.

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Call for Volunteers

DoSAA is seeking volunteers for positions such as Editorial Support, Web Design, and Marketing/Social Media.

This will be an excellent opportunity for anyone who is interested in working with the DoSAA community and building their resume experience without a significant time commitment.

Responsibilities will include:

- 2-3 hours of administrative work per month
- Maintaining regular communication with program leads
- Collaborating on and managing projects within the organization

Apply using the link below!

[DoSAA's Volunteer Application Form](#)

Community Spotlight

BROWN THERAPIST NETWORK

Community of South Asian Mental Health & Wellbeing Professionals

What is Brown Therapist Network?

We are a global community of South Asian therapists and wellbeing professionals who collaborate, grow together.

Who can join Brown Therapist Network?

We are a network for south Asian's all around the world, whether you are in the diaspora or in south Asia itself. Our network is for all therapists and professionals working within mental health. This includes clinical psychologists, clinical social workers, art and music therapists, counsellors, CBT and EMDR therapists, mental health researchers and more. We also welcome students, graduates and trainees.

Why should I join Brown Therapist Network?

By joining the platform, you can be a part of a like-minded community of professionals around the globe. You can collaborate and share your experiences together.

Learn more: <https://www.browntherapistnetwork.com/>

DoSAA's Virtual Self-Care Retreat

On **Sunday, September 24th**, DoSAA is holding our first-ever virtual self-care retreat for our members! We frequently hear from folks about the multiple demands on them in their lives, as well as the difficulties of finding culturally respectful offerings.

This is a curated event for folks to take time for themselves and be in community with DoSAA. We have assembled a virtual program of breathwork, meditation, yoga, art therapy, and dance - specially for you to rest, rejuvenate, and slow down.

Facilitators of South Asian descent will center culture, decolonization, and togetherness in this event. Please consider taking some time out of your weekend to do less, slow down, and practice self-care from a South Asian inspired lens with us.

Tickets: <https://www.eventbrite.com/e/dosaa-virtual-self-care-retreat-tickets-631696530327>

Facilitators:

- Rose Dhaliwal, PsyD, DoSAA Chair-Elect
- Kinjal Panchal, Psy.D, DoSAA member
- Kirat Randhawa, A Kind Rupture:
<https://kiratrandhawa.com/>
- Pardip Kaur, Kaur Healing:
<https://kaurhealing.com/>
- Aparna Sadananda, Inner Stillness:
<https://www.innerstillnesswithaparna.com/>

SEPTEMBER 24, 2023	SESSION
10am - 10:30am	Welcome from DoSAA
10:30am - 11:30am	Guided Meditation & Discussion
11:30am - 12pm	Lunch + Social
12pm - 1:30pm	Rangoli Art Therapy
1:45pm - 2:45pm	Yoga
3pm - 4pm	Pranayama Breathwork
4:15pm - 5:15pm	Bollywood Fusion Dance + Music
5:15pm - 5:30pm	Closing with DoSAA

Introducing:

Besharam Baat

who's it for?

Those who identify and present, in whole or in part, as womyn and South Asian* in the diaspora.

Who are willing to engage fully through their mind, heart, body, *and* spirit.

*Acknowledging artifice, 'South Asia' here refers to Afghanistan, Bangladesh, Bhutan, India, Nepal, Pakistan, Sri Lanka, and the Maldives.

We explore key themes in every session through discussion, reflection, storytelling, poetry, meditation, movement, and other ways we develop together. We connect with each other one-on-one and as a group.

We candidly unpack the multicultural patriarchies we live within and wholeheartedly tap into the liberating power of our unique identity. We gain insight, solidarity, and ways to stay tethered to our truest selves.

Our first gathering will be an intimate cohort committed to an arc of three meetings. We'll share our joys and struggles with cultural identity, personal aspirations, family expectations, career ambitions, romance, friendship and more, all under the pressure of both assimilating into Western society and preserving our heritage. Through candid conversations and heartfelt reflections, we'll gain new insights and deepen solidarity. We'll also harvest our unique gifts and cultivate stronger ties to them so that we can anchor more deeply in our own worthiness.



Apply by September 8.