

# #MacroSW transcript

## Healthcare Social Media Transcript

**From:** Wed Dec 07 18:00:00 PST 2016  
**To:** Thu Dec 08 19:15:00 PST 2016  
*change time period*

What is **#MacroSW**? Who were the influencers during this time period? **#MacroSW analytics**

Healthcare Conference - Healthcare Tweet Chats - Healthcare Analytics

**stuckonsw**

RT @UBSSW: Tomorrow 9pm EST: **#MacroSW** chat on Surviving & Thriving Over the Holidays: <https://t.co/LwIQAIQkig> image:...

Wed Dec 7 18:11:28 PST 2016

**drkristie**

RT @Domi\_TrinBella: When your professor gives you a shoutout **#MSWGoals #macrosw** <https://t.co/cgsYxJ3uri>

Wed Dec 7 18:15:57 PST 2016

**mattheamarquart**

RT @UBSSW: Tomorrow 9pm EST: **#MacroSW** chat on Surviving & Thriving Over the Holidays: <https://t.co/LwIQAIQkig> image:...

Wed Dec 7 18:19:34 PST 2016

**crisponthehill**

RT @CharlesELewisJr: **#Socialworkers** are proud of your many accomplishments @CRISPontheHill **#MacroSW** @njsmyth <https://t.co/iOBvgRvebP>

Wed Dec 7 18:23:27 PST 2016

**cultiv8hope**

RT @CharlesELewisJr: **#Socialworkers** are proud of your many accomplishments @CRISPontheHill **#MacroSW** @njsmyth <https://t.co/iOBvgRvebP>

Wed Dec 7 18:23:40 PST 2016

**njsmyth**

RT @CharlesELewisJr: **#Socialworkers** are proud of your many accomplishments @CRISPontheHill **#MacroSW** @njsmyth <https://t.co/iOBvgRvebP>

Wed Dec 7 18:39:05 PST 2016

**njsmyth**

yes, thank you for your service <https://t.co/qRwvPGvE7i>

Wed Dec 7 18:39:46 PST 2016

**njsmyth**

RT @CharlesELewisJr: **#Socialworkers** are proud of your many accomplishments

@CRISPontheHill #MacroSW @njsmyth <https://t.co/iOBvgRvebP>

Wed Dec 7 18:39:49 PST 2016

**newsocialworker**

Yes @DrKristie chat this week is on thriving & surviving during holidays #MacroSW Thursday 12/8 at 9 pm EST <https://t.co/6Y6wKL7Acf>

Wed Dec 7 19:06:17 PST 2016

**drkristie**

@HoneybadgerLA Darshann telling an amazing story about a hidden child and a lifetime of resilience. #mswgoals #macrosw #Nazis <https://t.co/bRsoP7WRPU>

Wed Dec 7 19:18:39 PST 2016

**honeybadgerla**

RT @DrKristie: @HoneybadgerLA Darshann telling an amazing story about a hidden child and a lifetime of resilience. #mswgoals...

Wed Dec 7 19:24:32 PST 2016

**trcharisse**

RT @CharlesELewisJr: #Socialworkers are proud of your many accomplishments @CRISPontheHill #MacroSW @njsmyth <https://t.co/iOBvgRvebP>

Wed Dec 7 19:27:55 PST 2016

**christinaboakye**

@peganderson\_ your presentation was a great reminder that you are never too old to make a life change. #MacroSW #MSWGOALS

Wed Dec 7 19:35:14 PST 2016

**kristenrios18**

RT @DrKristie: @SkunkyRoo Jessica discusses multiple suicides within a family line. #mswgoals #macrosw <https://t.co/Vud8BJU76Y>

Wed Dec 7 19:46:16 PST 2016

**ryp4jesus**

RT @OfficialMacroSW: Congress Passes 21st Century Cures Act: MT @UBSSW <https://t.co/ukGeRpmZg6> <Gains: \$\$ for #mentalhealth...

Wed Dec 7 20:06:34 PST 2016

**jcgreenfield**

Policy reform or direct action? We need both. #MacroSW <https://t.co/cmNZKd7xU1> via @truthout

Wed Dec 7 23:06:02 PST 2016

**mcbridetd**

RT @jcgreenfield: Policy reform or direct action? We need both. #MacroSW <https://t.co/cmNZKd7xU1> via @truthout

Thu Dec 8 1:10:35 PST 2016

**karenzgoda**

#MacroSW <https://t.co/ABDuLKNEKq>

Thu Dec 8 5:01:12 PST 2016

**stuckonsw**

RT @poliSW: Surviving & Thriving Over the Holidays: #MacroSW 12/8 at 9pm EST #socialwork <https://t.co/nLP88ixwCT>

Thu Dec 8 5:08:32 PST 2016

**karenzgoda**

#MacroSW <https://t.co/6B2jGqZ2J0>

Thu Dec 8 5:11:48 PST 2016

**karenzgoda**

#MacroSW #SelfCare tonight at 9pm EST! <https://t.co/kc3wUTfPi6>

Thu Dec 8 5:13:05 PST 2016

**nadiademarin** Social work emerging into sport. Where can we help? #stress #pressure #anxiety #performance #bullying #retainment #parents #coaches <https://t.co/or1rjH87y0>  
Thu Dec 8 5:18:52 PST 2016

**karengoda** #MacroSW Surviving & Thriving During the Holidays! #SelfCare tonight at 9pm EST! <https://t.co/QcSESfIVCB>  
Thu Dec 8 5:30:49 PST 2016

**officialmacrosw** RT @karengoda: #MacroSW Surviving & Thriving During the Holidays! #SelfCare tonight at 9pm EST! <https://t.co/QcSESfIVCB>  
Thu Dec 8 5:31:30 PST 2016

**socialworkersrj** RT @karengoda: #MacroSW Surviving & Thriving During the Holidays! #SelfCare tonight at 9pm EST! <https://t.co/QcSESfIVCB>  
Thu Dec 8 6:11:20 PST 2016

**polisw** Surviving & Thriving Over the Holidays: #MacroSW 12/8 at 9pm EST - Join us Thursday night at 9 PM EST <https://t.co/aL0UEpMcuR>  
Thu Dec 8 6:47:20 PST 2016

**naswnyc** RT @OfficialMacroSW: Surviving & Thriving Over the Holidays: #MacroSW 12/8 at 9pm EST <https://t.co/J6oj2GZ4Rk> via @karengoda  
Thu Dec 8 7:28:34 PST 2016

**macrosocialwork** RT @CarolGivens: Other than the 1 course, this is my exposure to #MacroSW. Thank you social media. I want more but unsure of the steps. It's...  
Thu Dec 8 8:41:50 PST 2016

**columbiassw** RT @UBSSW: Tomorrow 9pm EST: #MacroSW chat on Surviving & Thriving Over the Holidays: <https://t.co/oq0p78u2Qr>  
Thu Dec 8 9:15:31 PST 2016

**ubssw** Faculty & staff gather for Dean Smyth's @njsmyth State of the School (and state of the profession) address. #highered #socialwork #macrosw <https://t.co/6PqcjGtKb2>  
Thu Dec 8 9:37:11 PST 2016

**stuckonsw** #Macrosw in action 4 #NewYork, Report via @OpportunityNY re: needs of #nonprofits in NY HT: @\_northernrivers cc: @poliSW #RestoreOpportunity <https://t.co/wiCXwZEUrH>  
Thu Dec 8 9:56:56 PST 2016

**hsc\_ny** RT @StuckonSW: #Macrosw in action 4 #NewYork, Report via @OpportunityNY re: needs of #nonprofits in NY HT: @\_northernrivers cc:...  
Thu Dec 8 10:21:06 PST 2016

**ubssw** RT @karengoda: #MacroSW Surviving & Thriving During the Holidays! #SelfCare tonight at 9pm EST! <https://t.co/QcSESfIVCB>  
Thu Dec 8 10:47:19 PST 2016

**shalisa\_renee** RT @karengoda: #MacroSW Surviving & Thriving During the Holidays! #SelfCare tonight at 9pm EST! <https://t.co/QcSESfIVCB>

Thu Dec 8 10:49:14 PST 2016

**karenzgod**

See you in DC in January! :) #MacroSW <https://t.co/F3VLE117In>

Thu Dec 8 11:20:23 PST 2016

**karenzgod**

#MacroSW Holiday #SelfCare <https://t.co/VtPYhQAdrn>

Thu Dec 8 11:36:13 PST 2016

**karenzgod**

@DrJulieHanks THANK YOU this is perfect for #MacroSW chat on holiday #selfcare tonight!!

Thu Dec 8 11:37:29 PST 2016

**officialmacrosw**

RT @karenzgod: #MacroSW Holiday #SelfCare <https://t.co/VtPYhQAdrn>

Thu Dec 8 12:29:54 PST 2016

**officialmacrosw**

RT @ColumbiaSSW: RT @UBSSW: Tomorrow 9pm EST: #MacroSW chat on Surviving & Thriving Over the Holidays: <https://t.co/oq0p78u2Qr>

Thu Dec 8 12:30:09 PST 2016

**lakeya\_cherry**

RT @karenzgod: #MacroSW Surviving & Thriving During the Holidays! #SelfCare tonight at 9pm EST! <https://t.co/QcSESfIVCB>

Thu Dec 8 12:51:48 PST 2016

**drjuliehanks**

RT @karenzgod: @DrJulieHanks THANK YOU this is perfect for #MacroSW chat on holiday #selfcare tonight!!

Thu Dec 8 13:06:08 PST 2016

**drjuliehanks**

RT @karenzgod: #MacroSW Holiday #SelfCare <https://t.co/VtPYhQAdrn>

Thu Dec 8 13:06:14 PST 2016

**socworkpodcast**

RT @karenzgod: #MacroSW Surviving & Thriving During the Holidays! #SelfCare tonight at 9pm EST! <https://t.co/QcSESfIVCB>

Thu Dec 8 13:06:43 PST 2016

**asupublicsvc**

We need this today. <https://t.co/8KcxnkoHhq>

Thu Dec 8 13:07:35 PST 2016

**therapychatpod**

RT @karenzgod: @DrJulieHanks THANK YOU this is perfect for #MacroSW chat on holiday #selfcare tonight!!

Thu Dec 8 13:12:48 PST 2016

**morraam**

RT @asupublicsvc: We need this today. <https://t.co/8KcxnkoHhq>

Thu Dec 8 13:36:13 PST 2016

**polisw**

RT @StuckonSW: #Macrosw in action 4 #NewYork, Report via @OpportunityNY re: needs of #nonprofits in NY HT: @\_northernrivers cc:...

Thu Dec 8 13:41:39 PST 2016

RT @karenzgod: #MacroSW Surviving & Thriving During the Holidays! #SelfCare tonight

**stuckonsw**

at 9pm EST! <https://t.co/QcSESfIVCB>

Thu Dec 8 16:18:09 PST 2016

**stuckonsw**

RT @jcgreenfield: Policy reform or direct action? We need both. #MacroSW  
<https://t.co/cmNZKd7xU1> via @truthout

Thu Dec 8 16:20:26 PST 2016

**stuckonsw**

.@karengoda it's a #macrosw #BasketofAdorables :)

Thu Dec 8 16:31:03 PST 2016

**karengoda**

RT @StuckonSW: .@karengoda it's a #macrosw #BasketofAdorables :)

Thu Dec 8 16:35:36 PST 2016

**vilissathompson**

RT @OfficialMacroSW: Surviving & Thriving Over the Holidays: #MacroSW 12/8 at 9pm  
EST <https://t.co/J6oj2GZ4Rk> via @karengoda

Thu Dec 8 16:40:42 PST 2016

**njsmyth**

RT @UBSSW: Faculty & staff gather for Dean Smyth's @njsmyth State of the School (and  
state of the profession) address....

Thu Dec 8 16:43:58 PST 2016

**ereinbergs**

RT @jcgreenfield: Policy reform or direct action? We need both. #MacroSW  
<https://t.co/cmNZKd7xU1> via @truthout

Thu Dec 8 17:11:35 PST 2016

**karengoda**

#MacroSW Holiday #SelfCare starts in less than an hour at 9pm EST!  
<https://t.co/8BDBmg6Srt>

Thu Dec 8 17:12:34 PST 2016

**officialmacrosw**

RT @karengoda: #MacroSW Holiday #SelfCare starts in less than an hour at 9pm EST!  
<https://t.co/8BDBmg6Srt>

Thu Dec 8 17:14:50 PST 2016

**stuckonsw**

.@karengoda trying to focus on a bit of research but will try to join the holiday #selfcare,  
#MacroSW chat later :) .. <https://t.co/v6xUmkYTWi>

Thu Dec 8 17:47:46 PST 2016

**stuckonsw**

RT @karengoda: #MacroSW Holiday #SelfCare starts in less than an hour at 9pm EST!  
<https://t.co/8BDBmg6Srt>

Thu Dec 8 17:47:53 PST 2016

**karengoda**

RT @StuckonSW: .@karengoda trying to focus on a bit of research but will try to join the  
holiday #selfcare, #MacroSW chat later :...

Thu Dec 8 17:48:25 PST 2016

**karengoda**

@StuckonSW OMG that gif is so beautiful for this time of year! #MacroSW  
<https://t.co/VyCHFW79YL>

Thu Dec 8 17:49:08 PST 2016

**stuckonsw**

@karengoda searching "Christmas" in GIF give you plenty of options :) #MacroSW

<https://t.co/Qi0X750L6r>

Thu Dec 8 17:52:04 PST 2016

**womawama**

@karengoda this is @TamiGouveiaMA, state lead organizer for the March. I did #macrosw too! See you in DC.

Thu Dec 8 17:54:36 PST 2016

**iregigeorge**

@ColumbiaSSW @UBSSW @wordpressdotcom looks like a great chat tonight. #MacroSW.

Thu Dec 8 17:59:49 PST 2016

**karengoda**

Please excuse extra tweets #MacroSW starts NOW! :) <https://t.co/w3cpH1Ec7t>

Thu Dec 8 18:01:07 PST 2016

**newsocialworker**

#MacroSW Chat on #selfcare & holidays starting now - please join!

Thu Dec 8 18:01:09 PST 2016

**porndaughter**

Hi #macrosw, Kristin here!

Thu Dec 8 18:02:17 PST 2016

**karengoda**

@IregiGeorge @ColumbiaSSW @UBSSW Great to see you again!! #MacroSW

Thu Dec 8 18:02:31 PST 2016

**karengoda**

RT @newsocialworker: #MacroSW Chat on #selfcare & holidays starting now - please join!

Thu Dec 8 18:02:40 PST 2016

**officialmacrosw**

RT @karengoda: Please excuse extra tweets #MacroSW starts NOW! :) <https://t.co/w3cpH1Ec7t>

Thu Dec 8 18:02:50 PST 2016

**officialmacrosw**

RT @IregiGeorge: @ColumbiaSSW @UBSSW @wordpressdotcom looks like a great chat tonight. #MacroSW.

Thu Dec 8 18:02:55 PST 2016

**officialmacrosw**

RT @StuckonSW: @karengoda searching "Christmas" in GIF give you plenty of options :) #MacroSW <https://t.co/Qi0X750L6r>

Thu Dec 8 18:03:05 PST 2016

**officialmacrosw**

RT @porndaughter: Hi #macrosw, Kristin here!

Thu Dec 8 18:03:11 PST 2016

**littlejenay**

My favorite part of the holidays is sleeping in #selfcare #weallneedsleep #MacroSW

Thu Dec 8 18:03:13 PST 2016

**karengoda**

RT @porndaughter: Hi #macrosw, Kristin here!

Thu Dec 8 18:03:18 PST 2016

**vleeyoung**

#MacroSW Hi from CT 😊

Thu Dec 8 18:03:34 PST 2016

**karengoda**

Welcome to [#MacroSW](#) chat!

Thu Dec 8 18:03:40 PST 2016

**ubssw**

Please excuse the extra tweets for the next hour due to [#MacroSW](#) chat: Surviving & Thriving Over the Holidays: <https://t.co/okswVRHPeZ> <https://t.co/4ot3Wvodlw>

Thu Dec 8 18:03:46 PST 2016

**vilissathompson**

RT [@newsocialworker](#): [#MacroSW](#) Chat on [#selfcare](#) & holidays starting now - please join!

Thu Dec 8 18:03:55 PST 2016

**karengoda**

Tonight's chat archive and upcoming chat schedule can be found at: <https://t.co/FqG9eEoAJB> [#MacroSW](#)

Thu Dec 8 18:03:57 PST 2016

**sunyafolayan**

[#macrosw](#) Please excuse extra tweets! [#macroSW](#) chat on Holiday Self care is beginning now.

Thu Dec 8 18:04:10 PST 2016

**karengoda**

If you are new to our Twitter chats, check out our FAQs here: <https://t.co/Awcx7xPFuu> [#MacroSW](#)

Thu Dec 8 18:04:14 PST 2016

**karengoda**

If you are new to Macro [#socialwork](#), we have a FAQ for that too: <https://t.co/bD9W3YApbv> [#MacroSW](#)

Thu Dec 8 18:04:36 PST 2016

**karengoda**

Our [#MacroSW](#) chat partners are [@VilissaThompson](#) [@UBSSW](#) [@acosaoorg](#) [@SunyaFolayan](#) [@poliSW](#) [@laurelhitchcock](#) [@porndaughter](#)

Thu Dec 8 18:05:01 PST 2016

**ubssw**

RT [@karengoda](#): Tonight's chat archive and upcoming chat schedule can be found at: <https://t.co/FqG9eEoAJB> [#MacroSW](#)

Thu Dec 8 18:05:05 PST 2016

**a2recdirect**

Hello [#MacroSW](#)! Reporting in from Ann Arbor, MPH/LMSW, school administrator. All others, pls excuse my extra tweets for the next hour.

Thu Dec 8 18:05:08 PST 2016

**littlejenay**

Tweeting in from [#Philly](#) Hi! [#MacroSW](#)

Thu Dec 8 18:05:23 PST 2016

**karengoda**

Let's start w/ introductions. I'm Karen Zgoda, Instructor [@BridgeStateU](#) & [@SimmonsMSW](#) [#swtech](#) [#MacroSW](#) & [#SEQuEL2017](#) [#mylifeinhashtags](#)

Thu Dec 8 18:05:34 PST 2016

**ubssw**

Hi, From [#UBuffalo](#), this is Pat Shelly for [@UBSSW](#). Looking forward to this [#MacroSW](#) chat!

Thu Dec 8 18:05:35 PST 2016

**vilissathompson**

RT @karenzgoda: Our #MacroSW chat partners are @VilissaThompson @UBSSW @acosaorg @SunyaFolayan @poliSW @laurelhitchcock @porndaughter

Thu Dec 8 18:05:39 PST 2016

**poliSW**

RT @karenzgoda: If you are new to Macro #socialwork, we have a FAQ for that too: <https://t.co/bD9W3YApbv> #MacroSW

Thu Dec 8 18:05:47 PST 2016

**socworkpodcast**

RT @karenzgoda: If you are new to Macro #socialwork, we have a FAQ for that too: <https://t.co/bD9W3YApbv> #MacroSW

Thu Dec 8 18:05:50 PST 2016

**socworkpodcast**

RT @UBSSW: Please excuse the extra tweets for the next hour due to #MacroSW chat: Surviving & Thriving Over the Holidays:...

Thu Dec 8 18:06:07 PST 2016

**officialmacrosw**

RT @newsocialworker: #MacroSW Chat on #selfcare & holidays starting now - please join!

Thu Dec 8 18:06:13 PST 2016

**officialmacrosw**

RT @karenzgoda: @IregiGeorge @ColumbiaSSW @UBSSW Great to see you again!! #MacroSW

Thu Dec 8 18:06:17 PST 2016

**shalisa\_renee**

RT @karenzgoda: If you are new to Macro #socialwork, we have a FAQ for that too: <https://t.co/bD9W3YApbv> #MacroSW

Thu Dec 8 18:06:19 PST 2016

**officialmacrosw**

RT @LittleJenay: My favorite part of the holidays is sleeping in #selfcare #weallneedsleep #MacroSW

Thu Dec 8 18:06:21 PST 2016

**laurelhitchcock**

RT @karenzgoda: Our #MacroSW chat partners are @VilissaThompson @UBSSW @acosaorg @SunyaFolayan @poliSW @laurelhitchcock @porndaughter

Thu Dec 8 18:06:28 PST 2016

**officialmacrosw**

@LittleJenay Great to have you join tonight! #MacroSW

Thu Dec 8 18:06:32 PST 2016

**officialmacrosw**

RT @vleeyoung: #MacroSW Hi from CT 😊

Thu Dec 8 18:06:39 PST 2016

**officialmacrosw**

RT @karenzgoda: Welcome to #MacroSW chat!

Thu Dec 8 18:06:41 PST 2016

**officialmacrosw**

RT @UBSSW: Please excuse the extra tweets for the next hour due to #MacroSW chat: Surviving & Thriving Over the Holidays:...

Thu Dec 8 18:06:46 PST 2016

**officialmacrosw**

RT @karenzgoda: Tonight's chat archive and upcoming chat schedule can be found at: <https://t.co/FqG9eEoAJB> #MacroSW



Thu Dec 8 18:06:51 PST 2016

**officialmacrosw**

RT @SunyaFolayan: #macrosw Please excuse extra tweets! #macroSW chat on Holiday Self care is beginning now.

Thu Dec 8 18:06:55 PST 2016

**officialmacrosw**

RT @karengoda: If you are new to our Twitter chats, check out our FAQs here: <https://t.co/Awcx7xPFuu> #MacroSW

Thu Dec 8 18:07:00 PST 2016

**officialmacrosw**

RT @karengoda: If you are new to Macro #socialwork, we have a FAQ for that too: <https://t.co/bD9W3YApbv> #MacroSW

Thu Dec 8 18:07:06 PST 2016

**socworkpodcast**

.@karengoda So sorry to miss tonight's #MacroSW chat! <https://t.co/m3ymw9agxt>

Thu Dec 8 18:07:11 PST 2016

**officialmacrosw**

RT @karengoda: Our #MacroSW chat partners are @VilissaThompson @UBSSW @acosaorg @SunyaFolayan @poliSW @laurelhitchcock @porndaughter

Thu Dec 8 18:07:12 PST 2016

**ubssw**

RT @karengoda: Welcome to #MacroSW chat!

Thu Dec 8 18:07:16 PST 2016

**officialmacrosw**

Welcomb back Jenna! #MacroSW <https://t.co/nQGqogMtx>

Thu Dec 8 18:07:27 PST 2016

**iregigeorge**

Thank you @karengoda @ColumbiaSSW @UBSSW Nice to share about the holidays and surviving the stress that goes with it. #MacroSW

Thu Dec 8 18:07:31 PST 2016

**officialmacrosw**

RT @LittleJenay: Tweeting in from #Philly Hi! #MacroSW

Thu Dec 8 18:07:33 PST 2016

**officialmacrosw**

RT @karengoda: Let's start w/ introductions. I'm Karen Zgoda, Instructor @BridgeStateU & @SimmonsMSW #swtech #MacroSW & #SEQuEL2017 #mylif...

Thu Dec 8 18:07:37 PST 2016

**poliSW**

I'm an advocacy and community outreach consultant. I rep. @acosaorg in chat collaborative. #MacroSW

Thu Dec 8 18:07:37 PST 2016

**newsocialworker**

Hi everyone. Linda Grobman, publisher/Editor of The New Social Worker mag <https://t.co/7dYeLnSitk> #MacroSW

Thu Dec 8 18:07:45 PST 2016

**littlejenay**

Jenay from Bryn Mawr Grad school of SW #specialcommission #MacroSW

Thu Dec 8 18:07:49 PST 2016

**officialmacrosw**

RT @UBSSW: Hi, From #UBuffalo, this is Pat Shelly for @UBSSW. Looking forward to this #MacroSW chat!

Thu Dec 8 18:07:55 PST 2016

**vilissathompson**

I'm Vilissa, #MacroSW partner, macro SWer, disabled advocate, Womanist, blerd, & troublemaker.

Thu Dec 8 18:07:58 PST 2016

**officialmacrosw**

RT @socworkpodcast: .@karenzgoda So sorry to miss tonight's #MacroSW chat!  
<https://t.co/m3ymw9agxt>

Thu Dec 8 18:08:01 PST 2016

**ubssw**

RT @IregiGeorge: Thank you @karenzgoda @ColumbiaSSW @UBSSW Nice to share about the holidays and surviving the stress that goes with it. #Ma...

Thu Dec 8 18:08:08 PST 2016

**littlejenay**

RT @OfficialMacroSW: @LittleJenay Great to have you join tonight! #MacroSW

Thu Dec 8 18:08:09 PST 2016

**ubssw**

RT @poliSW: I'm an advocacy and community outreach consultant. I rep. @acosaorg in chat collaborative. #MacroSW

Thu Dec 8 18:08:12 PST 2016

**ubssw**

RT @newsocialworker: Hi everyone. Linda Grobman, publisher/Editor of The New Social Worker mag <https://t.co/7dYeLnSitk> #MacroSW

Thu Dec 8 18:08:16 PST 2016

**ubssw**

RT @LittleJenay: Jenay from Bryn Mawr Grad school of SW #specialcommission #MacroSW

Thu Dec 8 18:08:19 PST 2016

**ubssw**

RT @VilissaThompson: I'm Vilissa, #MacroSW partner, macro SWer, disabled advocate, Womanist, blerd, & troublemaker.

Thu Dec 8 18:08:22 PST 2016

**awaazechotepur**

RT @newsocialworker: Hi everyone. Linda Grobman, publisher/Editor of The New Social Worker mag <https://t.co/7dYeLnSitk> #MacroSW

Thu Dec 8 18:08:38 PST 2016

**laurelhitchcock**

Hello! Joining late but here. Pls excuse all the tweets. #MacroSW

Thu Dec 8 18:08:40 PST 2016

**karenzgoda**

RT @socworkpodcast: .@karenzgoda So sorry to miss tonight's #MacroSW chat!  
<https://t.co/m3ymw9agxt>

Thu Dec 8 18:08:41 PST 2016

**sunyafolayan**

Good evening all! I'm Sunya Folayan. I focus on financial self care,creativity and I love being a social work macro practitioner! #macroSW <https://t.co/y4bjKEil1w>

Thu Dec 8 18:09:13 PST 2016

**ubssw**

RT @SunyaFolayan: Good evening all! I'm Sunya Folayan. I focus on financial self

care,creativity and I love being a social work macro...

Thu Dec 8 18:09:29 PST 2016

**karenzgoda**

@socworkpodcast awwwwww that's so sweet!!! #MacroSW <https://t.co/gavacQ8907>

Thu Dec 8 18:09:35 PST 2016

**laurelhitchcock**

I'm @laurelhitchcock, SWK educator at #UAB in Bham, AL. #MacroSW #SocWorkUAB

Thu Dec 8 18:10:03 PST 2016

**karenzgoda**

RT @SunyaFolayan: #macrosw Please excuse extra tweets! #macroSW chat on Holiday Self care is beginning now.

Thu Dec 8 18:10:14 PST 2016

**laurelhitchcock**

RT @SunyaFolayan: Good evening all! I'm Sunya Folayan. I focus on financial self care,creativity and I love being a social work macro...

Thu Dec 8 18:10:19 PST 2016

**socworkpodcast**

RT @karenzgoda: @socworkpodcast awwwwww that's so sweet!!! #MacroSW <https://t.co/gavacQ8907>

Thu Dec 8 18:10:20 PST 2016

**karenzgoda**

RT @A2RecDirect: Hello #MacroSW! Reporting in from Ann Arbor, MPH/LMSW, school administrator. All others, pls excuse my extra tweets for th...

Thu Dec 8 18:10:20 PST 2016

**karenzgoda**

RT @LittleJenay: Tweeting in from #Philly Hi! #MacroSW

Thu Dec 8 18:10:23 PST 2016

**littlejenay**

RT @UBSSW: Hi, From #UBuffalo, this is Pat Shelly for @UBSSW. Looking forward to this #MacroSW chat!

Thu Dec 8 18:10:25 PST 2016

**karenzgoda**

RT @UBSSW: Hi, From #UBuffalo, this is Pat Shelly for @UBSSW. Looking forward to this #MacroSW chat!

Thu Dec 8 18:10:28 PST 2016

**karenzgoda**

RT @IregiGeorge: Thank you @karenzgoda @ColumbiaSSW @UBSSW Nice to share about the holidays and surviving the stress that goes with it. #Ma...

Thu Dec 8 18:10:35 PST 2016

**karenzgoda**

RT @poliSW: I'm an advocacy and community outreach consultant. I rep. @acosaorg in chat collaborative. #MacroSW

Thu Dec 8 18:10:39 PST 2016

**karenzgoda**

RT @newsocialworker: Hi everyone. Linda Grobman, publisher/Editor of The New Social Worker mag <https://t.co/7dYeLnSitk> #MacroSW

Thu Dec 8 18:10:43 PST 2016

**karenzgoda**

RT @LittleJenay: Jenay from Bryn Mawr Grad school of SW #specialcommission #MacroSW

Thu Dec 8 18:10:46 PST 2016

- karengoda** RT @VilissaThompson: I'm Vilissa, #MacroSW partner, macro SWer, disabled advocate, Womanist, blerd, & troublemaker.  
Thu Dec 8 18:10:51 PST 2016
- karengoda** One goal tonight is not to accidentally RT that Amazon ad that keeps popping up 😊  
#MacroSW  
Thu Dec 8 18:11:10 PST 2016
- karengoda** RT @laurelhitchcock: Hello! Joining late but here. Pls excuse all the tweets. #MacroSW  
Thu Dec 8 18:11:16 PST 2016
- ubssw** RT @laurelhitchcock: I'm @laurelhitchcock, SWK educator at #UAB in Bham, AL.  
#MacroSW #SocWorkUAB  
Thu Dec 8 18:11:17 PST 2016
- karengoda** RT @SunyaFolayan: Good evening all! I'm Sunya Folayan. I focus on financial self care,creativity and I love being a social work macro...  
Thu Dec 8 18:11:24 PST 2016
- littlejenay** RT @karengoda: @socworkpodcast awwwww that's so sweet!!! #MacroSW  
<https://t.co/gavacQ8907>  
Thu Dec 8 18:11:34 PST 2016
- karengoda** RT @laurelhitchcock: I'm @laurelhitchcock, SWK educator at #UAB in Bham, AL.  
#MacroSW #SocWorkUAB  
Thu Dec 8 18:11:37 PST 2016
- cultiv8hope** RT @karengoda: Our #MacroSW chat partners are @VilissaThompson @UBSSW @acosaorg @SunyaFolayan @poliSW @laurelhitchcock @porndaughter  
Thu Dec 8 18:11:44 PST 2016
- cultiv8hope** RT @karengoda: Let's start w/ introductions. I'm Karen Zgoda, Instructor @BridgeStateU & @SimmonsMSW #swtech #MacroSW & #SEQuEL2017 #mylif...  
Thu Dec 8 18:11:50 PST 2016
- ubssw** RT @karengoda: One goal tonight is not to accidentally RT that Amazon ad that keeps popping up 😊 #MacroSW  
Thu Dec 8 18:11:54 PST 2016
- shalisa\_renee** RT @SunyaFolayan: Good evening all! I'm Sunya Folayan. I focus on financial self care,creativity and I love being a social work macro...  
Thu Dec 8 18:12:13 PST 2016
- ubssw** RT @A2RecDirect: Hello #MacroSW! Reporting in from Ann Arbor, MPH/LMSW, school administrator. All others, pls excuse my extra tweets for th...  
Thu Dec 8 18:12:19 PST 2016
- karengoda** Tonight's topic is surviving and thriving over the holidays: <https://t.co/9hmMqBWOR2>  
#MacroSW  
Thu Dec 8 18:12:36 PST 2016

**iregigeorge** I am glad to join y'all. I am from Kenya. Currently a graduate student on Digital Journalism and Design. #macrosw  
Thu Dec 8 18:12:53 PST 2016

**iregigeorge** RT @karengoda: Tonight's topic is surviving and thriving over the holidays: <https://t.co/9hmMqBWOR2> #MacroSW  
Thu Dec 8 18:13:04 PST 2016

**karengoda** LOL I can support this. #MacroSW <https://t.co/P05Ugqu0s9>  
Thu Dec 8 18:13:08 PST 2016

**ubssw** RT @IregiGeorge: I am glad to join y'all. I am from Kenya. Currently a graduate student on Digital Journalism and Design. #macrosw  
Thu Dec 8 18:13:10 PST 2016

**laurelhitchcock** RT @karengoda: Tonight's topic is surviving and thriving over the holidays: <https://t.co/9hmMqBWOR2> #MacroSW  
Thu Dec 8 18:13:11 PST 2016

**ubssw** RT @karengoda: LOL I can support this. #MacroSW <https://t.co/P05Ugqu0s9>  
Thu Dec 8 18:13:28 PST 2016

**laurelhitchcock** RT @karengoda: If you are new to Macro #socialwork, we have a FAQ for that too: <https://t.co/bD9W3YApbv> #MacroSW  
Thu Dec 8 18:13:30 PST 2016

**ubssw** RT @karengoda: Tonight's topic is surviving and thriving over the holidays: <https://t.co/9hmMqBWOR2> #MacroSW  
Thu Dec 8 18:13:34 PST 2016

**vilissathompson** RT @karengoda: LOL I can support this. #MacroSW <https://t.co/P05Ugqu0s9>  
Thu Dec 8 18:13:38 PST 2016

**shalisa\_renee** RT @karengoda: Tonight's topic is surviving and thriving over the holidays: <https://t.co/9hmMqBWOR2> #MacroSW  
Thu Dec 8 18:13:43 PST 2016

**karengoda** RT @IregiGeorge: I am glad to join y'all. I am from Kenya. Currently a graduate student on Digital Journalism and Design. #macrosw  
Thu Dec 8 18:13:47 PST 2016

**vilissathompson** RT @karengoda: Tonight's topic is surviving and thriving over the holidays: <https://t.co/9hmMqBWOR2> #MacroSW  
Thu Dec 8 18:13:59 PST 2016

**karengoda** My favorite read on the holiday blues: What Is It About the Holidays? <https://t.co/hn59zbwSry> #MacroSW  
Thu Dec 8 18:14:02 PST 2016

**karengoda** 1/3 #MacroSW <https://t.co/hn59zbwSry> <https://t.co/K9ITbyZQW8>  
Thu Dec 8 18:14:32 PST 2016

**karengoda** 2/3 #MacroSW holiday blues con't: <https://t.co/hn59zbwSry> <https://t.co/OIb4cNljAP>  
Thu Dec 8 18:14:36 PST 2016

**karengoda** 3/3 #MacroSW holiday blues con't: <https://t.co/hn59zbwSry> <https://t.co/Z8x2f3wMXZ>  
Thu Dec 8 18:14:44 PST 2016

**ubssw** RT @karengoda: 1/3 #MacroSW <https://t.co/hn59zbwSry> <https://t.co/K9ITbyZQW8>  
Thu Dec 8 18:14:56 PST 2016

**ubssw** RT @karengoda: 2/3 #MacroSW holiday blues con't: <https://t.co/hn59zbwSry> <https://t.co/OIb4cNljAP>  
Thu Dec 8 18:15:03 PST 2016

**nancy\_kusmaul** RT @karengoda: My favorite read on the holiday blues: What Is It About the Holidays? <https://t.co/hn59zbwSry> #MacroSW  
Thu Dec 8 18:15:05 PST 2016

**ubssw** RT @karengoda: 3/3 #MacroSW holiday blues con't: <https://t.co/hn59zbwSry> <https://t.co/Z8x2f3wMXZ>  
Thu Dec 8 18:15:08 PST 2016

**vilissathompson** RT @karengoda: My favorite read on the holiday blues: What Is It About the Holidays? <https://t.co/hn59zbwSry> #MacroSW  
Thu Dec 8 18:15:34 PST 2016

**justin\_vest** Hi all, I'm Justin. MSW & community organizer in Montgomery Co, MD advancing Fight For \$15 & Trump resistance. #MacroSW  
Thu Dec 8 18:15:44 PST 2016

**vilissathompson** RT @karengoda: 1/3 #MacroSW <https://t.co/hn59zbwSry> <https://t.co/K9ITbyZQW8>  
Thu Dec 8 18:15:49 PST 2016

**vilissathompson** RT @karengoda: 2/3 #MacroSW holiday blues con't: <https://t.co/hn59zbwSry> <https://t.co/OIb4cNljAP>  
Thu Dec 8 18:15:53 PST 2016

**ubssw** RT @Justin\_Vest: Hi all, I'm Justin. MSW & community organizer in Montgomery Co, MD advancing Fight For \$15 & Trump resistance. #MacroSW  
Thu Dec 8 18:15:53 PST 2016

**vilissathompson** RT @karengoda: 3/3 #MacroSW holiday blues con't: <https://t.co/hn59zbwSry> <https://t.co/Z8x2f3wMXZ>  
Thu Dec 8 18:15:55 PST 2016

**karengoda** Q1: How is your holiday season going? #MacroSW  
Thu Dec 8 18:16:11 PST 2016

**ubssw**

RT @karengoda: Q1: How is your holiday season going? #MacroSW

Thu Dec 8 18:16:18 PST 2016

**iregigeorge**

RT @karengoda: Q1: How is your holiday season going? #MacroSW

Thu Dec 8 18:16:29 PST 2016

**shalisa\_renee**

RT @Justin\_Vest: Hi all, I'm Justin. MSW & community organizer in Montgomery Co, MD advancing Fight For \$15 & Trump resistance. #MacroSW

Thu Dec 8 18:17:10 PST 2016

**karengoda**

Folks, please welcome our new #MacroSW Contributing Partner! <https://t.co/luHTkL3x9g>

Thu Dec 8 18:17:10 PST 2016

**laurelhitchcock**

A1. Mine hasn't really started yet, but will next week. #macrosw

Thu Dec 8 18:17:18 PST 2016

**sunyafolayan**

RT @karengoda: Tonight's topic is surviving and thriving over the holidays: <https://t.co/9hmMqBWOR2> #MacroSW

Thu Dec 8 18:17:18 PST 2016

**justin\_vest**

RT @karengoda: Folks, please welcome our new #MacroSW Contributing Partner! <https://t.co/luHTkL3x9g>

Thu Dec 8 18:18:01 PST 2016

**sunyafolayan**

Hello, George... welcome to #macroSW chat! <https://t.co/Qqr1VKLSID>

Thu Dec 8 18:18:04 PST 2016

**iregigeorge**

A.1. Its a very tight holiday season for me. Looking to start preparing for all the activities with Family and Friends. #macrosw

Thu Dec 8 18:18:16 PST 2016

**socialworkcomm**

#MacroSW Hi! A little late but Rachel from Social work community here! Child welfare sowoer in Wisconsin.

Thu Dec 8 18:18:43 PST 2016

**ubssw**

RT @IregiGeorge: A.1. Its a very tight holiday season for me. Looking to start preparing for all the activities with Family and Friends. #...

Thu Dec 8 18:18:44 PST 2016

**karengoda**

A1: Currently listening to <https://t.co/WnZMP0iNCf> #MacroSW

Thu Dec 8 18:18:45 PST 2016

**ubssw**

RT @laurelhitchcock: A1. Mine hasn't really started yet, but will next week. #macrosw

Thu Dec 8 18:18:51 PST 2016

**ubssw**

RT @karengoda: Folks, please welcome our new #MacroSW Contributing Partner! <https://t.co/luHTkL3x9g>

Thu Dec 8 18:18:55 PST 2016

**justin\_vest** @karengoda Thanks! Excited to take on a new role with #MacroSW in the new year.  
Thu Dec 8 18:18:57 PST 2016

**ubssw** RT @socialworkcomm: #MacroSW Hi! A little late but Rachel from Social work community here! Child welfare swoer in Wisconsin.  
Thu Dec 8 18:19:04 PST 2016

**sunyafolayan** Very well spoken.#macroSW <https://t.co/RCGEhT6t2t>  
Thu Dec 8 18:19:09 PST 2016

**ubssw** RT @karengoda: A1: Currently listening to <https://t.co/WnZMP0iNCf> #MacroSW  
Thu Dec 8 18:19:11 PST 2016

**iregigeorge** @SunyaFolayan Thank you for the welcome. Great joining this great minds to talk about the holidays. How are you? #macrosw  
Thu Dec 8 18:19:21 PST 2016

**porndaughter** @karengoda A: Okay, lots of thinking about next year for work and what the future will bring for our country. #MacroSW  
Thu Dec 8 18:19:24 PST 2016

**karengoda** A1: Hoping to decorate & send cards soon, combining w/ end of semester is tough. #MacroSW  
Thu Dec 8 18:19:24 PST 2016

**ubssw** RT @Justin\_Vest: @karengoda Thanks! Excited to take on a new role with #MacroSW in the new year.  
Thu Dec 8 18:19:25 PST 2016

**karengoda** RT @laurelhitchcock: A1. Mine hasn't really started yet, but will next week. #macrosw  
Thu Dec 8 18:19:34 PST 2016

**ubssw** RT @porndaughter: @karengoda A: Okay, lots of thinking about next year for work and what the future will bring for our country. #MacroSW  
Thu Dec 8 18:19:38 PST 2016

**karengoda** RT @IregiGeorge: A.1. Its a very tight holiday season for me. Looking to start preparing for all the activities with Family and Friends. #...  
Thu Dec 8 18:19:39 PST 2016

**karengoda** RT @socialworkcomm: #MacroSW Hi! A little late but Rachel from Social work community here! Child welfare swoer in Wisconsin.  
Thu Dec 8 18:19:43 PST 2016

**karengoda** @socialworkcomm welcome back to #MacroSW!  
Thu Dec 8 18:19:50 PST 2016

**socialworkcomm** #MacroSW A1: So far so good. Holiday cards done and Xmas homemade ornaments started (with my kiddos)



Thu Dec 8 18:19:55 PST 2016

**ubssw**

RT @karengoda: A1: Hoping to decorate & send cards soon, combining w/ end of semester is tough. #MacroSW

Thu Dec 8 18:20:02 PST 2016

**ubssw**

RT @socialworkcomm: #MacroSW A1: So far so good. Holiday cards done and Xmas homemade ornaments started (with my kiddos)

Thu Dec 8 18:20:10 PST 2016

**iregigeorge**

@karengoda talking about cards ... I lost my mail address book and I have to start all over again :-( #macrosw

Thu Dec 8 18:20:16 PST 2016

**karengoda**

A1: #MacroSW <https://t.co/024nyzFV8H>

Thu Dec 8 18:20:27 PST 2016

**ubssw**

I - @PatShellySSW - always celebrate the Solstices, so am getting candles ready to light the longest night! #macroSW

Thu Dec 8 18:20:31 PST 2016

**newsocialworker**

Love this #MacroSW <https://t.co/lxQ2SxCjhu>

Thu Dec 8 18:20:34 PST 2016

**ubssw**

RT @IregiGeorge: @karengoda talking about cards ... I lost my mail address book and I have to start all over again :-( #macrosw

Thu Dec 8 18:20:55 PST 2016

**karengoda**

A1: #MacroSW <https://t.co/RBZ7klzako>

Thu Dec 8 18:20:57 PST 2016

**ubssw**

RT @karengoda: A1: #MacroSW <https://t.co/024nyzFV8H>

Thu Dec 8 18:20:58 PST 2016

**justin\_vest**

A1. I don't do a lot of traditional holiday stuff, but it does mean I'm working too much before gov offices close & ppl leave town. #MacroSW

Thu Dec 8 18:21:03 PST 2016

**ubssw**

RT @Justin\_Vest: A1. I don't do a lot of traditional holiday stuff, but it does mean I'm working too much before gov offices close & ppl le...

Thu Dec 8 18:21:09 PST 2016

**ubssw**

RT @karengoda: A1: #MacroSW <https://t.co/RBZ7klzako>

Thu Dec 8 18:21:16 PST 2016

**laurelhitchcock**

@socialworkcomm Impressive! I started getting cards on Dec 1st. I actually don't send cards...part of my self-care. #macrosw

Thu Dec 8 18:21:16 PST 2016

**ubssw**

RT @laurelhitchcock: @socialworkcomm Impressive! I started getting cards on Dec 1st. I actually don't send cards...part of my self-care. #...

Thu Dec 8 18:21:23 PST 2016

**karengoda**

RT @Justin\_Vest: @karengoda Thanks! Excited to take on a new role with #MacroSW in the new year.

Thu Dec 8 18:21:24 PST 2016

**karengoda**

RT @IregiGeorge: @SunyaFolayan Thank you for the welcome. Great joining this great minds to talk about the holidays. How are you? #macrosw

Thu Dec 8 18:21:35 PST 2016

**porndaughter**

RT @newsocialworker: Love this #MacroSW <https://t.co/lxQ2SxCjhu>

Thu Dec 8 18:21:37 PST 2016

**karengoda**

RT @SunyaFolayan: Very well spoken.#macroSW <https://t.co/RCGEhT6t2t>

Thu Dec 8 18:21:38 PST 2016

**karengoda**

RT @porndaughter: @karengoda A: Okay, lots of thinking about next year for work and what the future will bring for our country. #MacroSW

Thu Dec 8 18:21:45 PST 2016

**littlejenay**

A1. Papers, organizational leadership, Macro Panel prep, etc. #MacroSW

Thu Dec 8 18:21:48 PST 2016

**karengoda**

RT @socialworkcomm: #MacroSW A1: So far so good. Holiday cards done and Xmas homemade ornaments started (with my kiddos)

Thu Dec 8 18:21:51 PST 2016

**ubssw**

RT @LittleJenay: A1. Papers, organizational leadership, Macro Panel prep, etc. #MacroSW

Thu Dec 8 18:21:52 PST 2016

**laurelhitchcock**

RT @karengoda: A1: #MacroSW <https://t.co/024nyzFV8H>

Thu Dec 8 18:21:56 PST 2016

**karengoda**

Oh no! #MacroSW <https://t.co/CBhmvwfYe9>

Thu Dec 8 18:22:03 PST 2016

**karengoda**

RT @UBSSW: I - @PatShellySSW - always celebrate the Solstices, so am getting candles ready to light the longest night! #macrosw

Thu Dec 8 18:22:12 PST 2016

**ubssw**

@LittleJenay The end of the semester is in sight, yes? #MacroSW

Thu Dec 8 18:22:22 PST 2016

**iregigeorge**

@karengoda I love this ... #MacroSW

Thu Dec 8 18:22:23 PST 2016

**vilissathompson**

A1: Honestly, I'm ready for it to end. This season has been hard & I want to not feel "off" as I've had since it started. #MacroSW <https://t.co/QAkGK8sC5w>

Thu Dec 8 18:22:27 PST 2016

**karengoda**

RT @Justin\_Vest: A1. I don't do a lot of traditional holiday stuff, but it does mean I'm working too much before gov offices close & ppl le...

Thu Dec 8 18:22:28 PST 2016

**karengoda**

RT @laurelhitchcock: @socialworkcomm Impressive! I started getting cards on Dec 1st. I actually don't send cards...part of my self-care. #...

Thu Dec 8 18:22:33 PST 2016

**profetmitchell**

Joining #MacroSW late tonight from IN

Thu Dec 8 18:22:40 PST 2016

**ubssw**

RT @VilissaThompson: A1: Honestly, I'm ready for it to end. This season has been hard & I want to not feel "off" as I've had since it st...

Thu Dec 8 18:22:41 PST 2016

**a2recdirect**

A1 Intense schedule between now and 12/23, my 1st day off. Trying to prep for holidays @ the same time. #MacroSW #SOS

Thu Dec 8 18:22:41 PST 2016

**ubssw**

RT @A2RecDirect: A1 Intense schedule between now and 12/23, my 1st day off. Trying to prep for holidays @ the same time. #MacroSW #SOS

Thu Dec 8 18:22:46 PST 2016

**newsocialworker**

A1: note to self--need to get Chanukah candles #MacroSW <https://t.co/ZN0susXspo>

Thu Dec 8 18:22:53 PST 2016

**ubssw**

@profetmitchell Hi, Elissa - #MacroSW

Thu Dec 8 18:23:06 PST 2016

**iregigeorge**

@profetmitchell ... just finished a great semester and a lot of work that I am happy about. Though a lot of reading. #macrosw

Thu Dec 8 18:23:13 PST 2016

**ubssw**

RT @newsocialworker: A1: note to self--need to get Chanukah candles #MacroSW <https://t.co/ZN0susXspo>

Thu Dec 8 18:23:13 PST 2016

**laurelhitchcock**

@profetmitchell So glad you are joining us tonight! #macrosw

Thu Dec 8 18:23:16 PST 2016

**ubssw**

RT @IregiGeorge: @profetmitchell ... just finished a great semester and a lot of work that I am happy about. Though a lot of reading. #mac...

Thu Dec 8 18:23:26 PST 2016

**karengoda**

@VilissaThompson my saving grace this holiday is John Waters - between #HairsprayLive yesterday & SEEING HIM NEXT WEEK IN BOSTON #MacroSW <3

Thu Dec 8 18:23:34 PST 2016

**ubssw**

RT @karengoda: @VilissaThompson my saving grace this holiday is John Waters - between #HairsprayLive yesterday & SEEING HIM NEXT WEEK IN B...

Thu Dec 8 18:23:43 PST 2016

**iregigeorge**

@karengoda well ... it happens #MacroSW

Thu Dec 8 18:24:03 PST 2016

**karengoda**

Adorable!! #MacroSW <https://t.co/OdC4PkDub4>

Thu Dec 8 18:24:10 PST 2016

**karengoda**

RT @LittleJenay: A1. Papers, organizational leadership, Macro Panel prep, etc. #MacroSW

Thu Dec 8 18:24:16 PST 2016

**karengoda**

THANK GOODNESS 😊 #MacroSW <https://t.co/Bqfzadm2Sr>

Thu Dec 8 18:24:32 PST 2016

**karengoda**

@profetmitchell welcome back !! #MacroSW

Thu Dec 8 18:24:49 PST 2016

**karengoda**

RT @profetmitchell: Joining #MacroSW late tonight from IN

Thu Dec 8 18:24:52 PST 2016

**karengoda**

RT @A2RecDirect: A1 Intense schedule between now and 12/23, my 1st day off. Trying to prep for holidays @ the same time. #MacroSW #SOS

Thu Dec 8 18:24:55 PST 2016

**sunyafolayan**

Doing well, @IregiGeorge Keeping close to home & quiet for the holidays. Purchasing land in Kenya for future self care and legacy.#macroSW. <https://t.co/6UbiNrEj5e>

Thu Dec 8 18:25:00 PST 2016

**karengoda**

I love hearing about the traditions we bring to the holidays! #MacroSW

Thu Dec 8 18:25:11 PST 2016

**ubssw**

A1 - I'll enjoy spending time with all my sisters and friends. Not feeling #stressed. Esp. since I have cut way back on "shoulds" #MacroSW <https://t.co/iBDvNRGm4a>

Thu Dec 8 18:25:19 PST 2016

**justin\_vest**

A1 A little stressed, but closing out the year with a lot of successes at work. Looking forward to some time off. #MacroSW

Thu Dec 8 18:25:32 PST 2016

**profetmitchell**

@UBSSW @laurelhitchcock Thanks! Good to be here. #MacroSW

Thu Dec 8 18:25:39 PST 2016

**tootswilson2014**

RT @SunyaFolayan: Very well spoken.#macroSW <https://t.co/RCGEhT6t2t>

Thu Dec 8 18:25:49 PST 2016

**ubssw**

RT @karenzgoda: I love hearing about the traditions we bring to the holidays! #MacroSW  
Thu Dec 8 18:25:52 PST 2016

**karenzgoda**

My absolute favorite holiday tradition: Polish Christmas Wafer: A Flavorless Tradition That's Oh So Sweet <https://t.co/vTr6mqqIBy> #MacroSW  
Thu Dec 8 18:25:57 PST 2016

**iregigeorge**

@Justin\_Vest that nice to end the year with celebrating success at work. #macrosw  
Thu Dec 8 18:26:07 PST 2016

**a2reccdirect**

Who else is doing this this all the time? #MacroSW #NiceDeepBreath #relax  
<https://t.co/EtyMFFNoDp>  
Thu Dec 8 18:26:13 PST 2016

**karenzgoda**

RT @SunyaFolayan: Doing well, @IregiGeorge Keeping close to home & quiet for the holidays. Purchasing land in Kenya for future self ca...  
Thu Dec 8 18:26:13 PST 2016

**karenzgoda**

RT @Justin\_Vest: A1 A little stressed, but closing out the year with a lot of successes at work. Looking forward to some time off. #MacroSW  
Thu Dec 8 18:26:25 PST 2016

**ubssw**

RT @karenzgoda: My absolute favorite holiday tradition: Polish Christmas Wafer: A Flavorless Tradition That's Oh So Sweet <https://t.co/vTr6...>  
Thu Dec 8 18:26:36 PST 2016

**profetmitchell**

RT @karenzgoda: I love hearing about the traditions we bring to the holidays! #MacroSW  
Thu Dec 8 18:26:40 PST 2016

**ubssw**

RT @Justin\_Vest: A1 A little stressed, but closing out the year with a lot of successes at work. Looking forward to some time off. #MacroSW  
Thu Dec 8 18:26:42 PST 2016

**littlejenay**

RT @UBSSW: @LittleJenay The end of the semester is in sight, yes? #MacroSW  
Thu Dec 8 18:26:54 PST 2016

**karenzgoda**

RT @IregiGeorge: @Justin\_Vest that nice to end the year with celebrating success at work. #macrosw  
Thu Dec 8 18:27:20 PST 2016

**profetmitchell**

@Justin\_Vest Couldn't agree more! I feel the same way #MacroSW  
Thu Dec 8 18:27:28 PST 2016

**karenzgoda**

Pretty much. #MacroSW <https://t.co/22M0NCavDh>  
Thu Dec 8 18:27:30 PST 2016

**iregigeorge**

RT @karenzgoda: I love hearing about the traditions we bring to the holidays! #MacroSW  
Thu Dec 8 18:27:48 PST 2016

- vleeyoung** Cute Is Chanukah same time as X'mas in 2016? #macrosw <https://t.co/rFfLlr5s3y>  
Thu Dec 8 18:27:54 PST 2016
- officialmacrosw** RT @newsocialworker: A1: note to self--need to get Chanukah candles #MacroSW  
<https://t.co/ZN0susXspo>  
Thu Dec 8 18:28:08 PST 2016
- newsocialworker** Here's a Chanukah tradition #potatolatkes #MacroSW yum <https://t.co/mTLuoNTgCb>  
Thu Dec 8 18:28:10 PST 2016
- vilissathompson** @karengoda, planning for the new year & getting excited about projects has kept me afloat. Busyness has been good for me. #MacroSW  
Thu Dec 8 18:28:13 PST 2016
- officialmacrosw** RT @UBSSW: A1 - I'll enjoy spending time with all my sisters and friends. Not feeling #stressed. Esp. since I have cut way bac...  
Thu Dec 8 18:28:14 PST 2016
- ubssw** RT @newsocialworker: Here's a Chanukah tradition #potatolatkes #MacroSW yum  
<https://t.co/mTLuoNTgCb>  
Thu Dec 8 18:28:38 PST 2016
- porndaughter** @karengoda I make my grandmother's pizzelle cookie recipe. #Macrosw  
Thu Dec 8 18:28:42 PST 2016
- sunyafolayan** A1: I'll bake a few cookies, get the grandboys some books, and make a few gifts. Buying land for myself in Kenya as Kwanzaa gift #macroSW  
Thu Dec 8 18:28:43 PST 2016
- karengoda** Q2: What do you wish others knew about your holiday stressors? #MacroSW  
Thu Dec 8 18:28:44 PST 2016
- ubssw** RT @A2RecDirect: Who else is doing this this all the time? #MacroSW #NiceDeepBreath #relax <https://t.co/EtyMFFNoDp>  
Thu Dec 8 18:28:47 PST 2016
- ubssw** RT @porndaughter: @karengoda I make my grandmother's pizzelle cookie recipe. #Macrosw  
Thu Dec 8 18:28:53 PST 2016
- laurelhitchcock** @UBSSW Love that you cut back on the "shoulds" - my family quit giving gifts to those over 16 years & less shopping for all of us. #MacroSW  
Thu Dec 8 18:29:00 PST 2016
- karengoda** OMG YASSSSSSSSSS #MacroSW <https://t.co/9fkTHffN0Q>  
Thu Dec 8 18:29:04 PST 2016
- karengoda** RT @VilissaThompson: @karengoda, planning for the new year & getting excited about projects has kept me afloat. Busyness has been good for...

Thu Dec 8 18:29:21 PST 2016

**ubssw**

RT @VilissaThompson: @karengoda, planning for the new year & getting excited about projects has kept me afloat. Busyness has been good for...

Thu Dec 8 18:29:24 PST 2016

**ubssw**

RT @SunyaFolayan: A1: I'll bake a few cookies, get the grandboys some books, and make a few gifts. Buying land for myself in Kenya as Kwanz...

Thu Dec 8 18:29:34 PST 2016

**newsocialworker**

@vleeyoung yes, first nite is 12/24 this year #MacroSW

Thu Dec 8 18:29:42 PST 2016

**iregigeorge**

RT @SunyaFolayan: A1: I'll bake a few cookies, get the grandboys some books, and make a few gifts. Buying land for myself in Kenya as Kwanz...

Thu Dec 8 18:29:45 PST 2016

**ubssw**

@SunyaFolayan How exciting! What a gift - great #selfcare!! #MacroSW

Thu Dec 8 18:29:58 PST 2016

**ubssw**

RT @newsocialworker: @vleeyoung yes, first nite is 12/24 this year #MacroSW

Thu Dec 8 18:30:32 PST 2016

**newsocialworker**

RT @karengoda: OMG YASSSSSSSSSS #MacroSW <https://t.co/9fkTHffN0Q>

Thu Dec 8 18:30:42 PST 2016

**porndaughter**

Porn 'n Pizzelles <https://t.co/TkW7LYGCHv> #MacroSW

Thu Dec 8 18:30:43 PST 2016

**justin\_vest**

RT @IregiGeorge: @Justin\_Vest that nice to end the year with celebrating success at work. #macrosw

Thu Dec 8 18:30:49 PST 2016

**karengoda**

RT @porndaughter: @karengoda I make my grandmother's pizzelle cookie recipe. #Macrosw

Thu Dec 8 18:30:50 PST 2016

**karengoda**

RT @SunyaFolayan: A1: I'll bake a few cookies, get the grandboys some books, and make a few gifts. Buying land for myself in Kenya as Kwanz...

Thu Dec 8 18:30:54 PST 2016

**ubssw**

RT @IregiGeorge: @Justin\_Vest that nice to end the year with celebrating success at work. #macrosw

Thu Dec 8 18:30:55 PST 2016

**sunyafolayan**

I've never had latkes Linda. Reeta Wolfsohn is going to feed me some, though! Happy Chanukah! #macrosw <https://t.co/bt2cNGoKFU>

Thu Dec 8 18:31:06 PST 2016

**karengoda** Okay I'm seeing a lot of talk about baking tonight but must have missed that care package tonight... #MacroSW  
Thu Dec 8 18:31:19 PST 2016

**karengoda** RT @porndaughter: Porn 'n Pizzelles <https://t.co/TkW7LYGCHv> #MacroSW  
Thu Dec 8 18:31:28 PST 2016

**laurelhitchcock** @newsocialworker @karengoda My family's holiday food is lefse and all Norwegian.... #macrosw <https://t.co/gytxtsNGOM>  
Thu Dec 8 18:31:29 PST 2016

**karengoda** RT @laurelhitchcock: @UBSSW Love that you cut back on the "shoulds" - my family quit giving gifts to those over 16 years & less shopping fo...  
Thu Dec 8 18:31:34 PST 2016

**iregigeorge** A.2. There are a lot of things that I would want everyone to know about my stressors but that would stress them more! LOL #macrosw  
Thu Dec 8 18:31:37 PST 2016

**karengoda** RT @laurelhitchcock: @newsocialworker @karengoda My family's holiday food is lefse and all Norwegian.... #macrosw <https://t.co/gytxtsNGOM>  
Thu Dec 8 18:31:45 PST 2016

**ubssw** RT @SunyaFolayan: I've never had latkes Linda. Reeta Wolfsohn is going to feed me some, though! Happy Chanukah! #macrosw <https://t.co/bt2cN...>  
Thu Dec 8 18:32:10 PST 2016

**officialmacrosw** RT @VilissaThompson: @karengoda, planning for the new year & getting excited about projects has kept me afloat. Busyness has been good for...  
Thu Dec 8 18:32:15 PST 2016

**officialmacrosw** RT @SunyaFolayan: A1: I'll bake a few cookies, get the grandboys some books, and make a few gifts. Buying land for myself in Kenya as Kwanz...  
Thu Dec 8 18:32:18 PST 2016

**officialmacrosw** RT @porndaughter: @karengoda I make my grandmother's pizzelle cookie recipe. #Macrosw  
Thu Dec 8 18:32:20 PST 2016

**officialmacrosw** RT @laurelhitchcock: @UBSSW Love that you cut back on the "shoulds" - my family quit giving gifts to those over 16 years & less shopping fo...  
Thu Dec 8 18:32:24 PST 2016

**officialmacrosw** RT @karengoda: Q2: What do you wish others knew about your holiday stressors? #MacroSW  
Thu Dec 8 18:32:27 PST 2016

**officialmacrosw** RT @laurelhitchcock: @newsocialworker @karengoda My family's holiday food is lefse and all Norwegian.... #macrosw <https://t.co/gytxtsNGOM>  
Thu Dec 8 18:32:31 PST 2016



**officialmacrosw**

RT @karengoda: Okay I'm seeing a lot of talk about baking tonight but must have missed that care package tonight... #MacroSW

Thu Dec 8 18:32:35 PST 2016

**ubssw**

@SunyaFolayan I like them with both sour cream and applesauce! #MacroSW

Thu Dec 8 18:32:36 PST 2016

**vilissathompson**

@karengoda, reflecting on past seasons can bring up mix feelings, & can shift the mood. Memories can be a sore spot, for real. #MacroSW

Thu Dec 8 18:32:38 PST 2016

**iregigeorge**

@laurelhitchcock @newsocialworker @karengoda I love these. In my country we have similar ones. Nice. #MacroSW

Thu Dec 8 18:32:40 PST 2016

**newsocialworker**

Enjoy them! I like them with applesauce. #MacroSW <https://t.co/7zIHBYuc3Z>

Thu Dec 8 18:32:40 PST 2016

**karengoda**

RT @IregiGeorge: A.2. There are a lot of things that I would want everyone to know about my stressors but that would stress them more! LOL...

Thu Dec 8 18:32:42 PST 2016

**ubssw**

RT @karengoda: Okay I'm seeing a lot of talk about baking tonight but must have missed that care package tonight... #MacroSW

Thu Dec 8 18:32:43 PST 2016

**socialworkcomm**

#MacroSW keeping it simple and focusing on the good--time with family, friends and lots of traditions!

Thu Dec 8 18:32:44 PST 2016

**ubssw**

RT @porndaughter: Porn 'n Pizzelles <https://t.co/TkW7LYGCHv> #MacroSW

Thu Dec 8 18:32:59 PST 2016

**karengoda**

A2: #MacroSW <https://t.co/P9kq6tUeQe>

Thu Dec 8 18:33:12 PST 2016

**iregigeorge**

RT @laurelhitchcock: @newsocialworker @karengoda My family's holiday food is lefse and all Norwegian.... #macrosw <https://t.co/gytxtsNGOM>

Thu Dec 8 18:33:14 PST 2016

**newsocialworker**

Awesome! #macrosw <https://t.co/92O8GW00uU>

Thu Dec 8 18:33:22 PST 2016

**ubssw**

There's always #Humor - here is a pun - to help my holidays along. #MacroSW <https://t.co/RdTY0YjJ22>

Thu Dec 8 18:33:26 PST 2016

**laurelhitchcock**

A2. That experiences during the holiday season are more important than the gifts. #macrosw

Thu Dec 8 18:33:30 PST 2016

**laurelhitchcock**

RT @socialworkcomm: #MacroSW keeping it simple and focusing on the good--time with family, friends and lots of traditions!

Thu Dec 8 18:33:43 PST 2016

**karenzgod**

Cosign all of this @VilissaThompson #MacroSW <https://t.co/fLiXWjmoN8>

Thu Dec 8 18:33:53 PST 2016

**profetmitchell**

I think just recognizing that the holidays are often stressful and for some, aren't so happy, is important #MacroSW

Thu Dec 8 18:33:54 PST 2016

**ubssw**

RT @VilissaThompson: @karenzgod, reflecting on past seasons can bring up mix feelings, & can shift the mood. Memories can be a sore spot,...

Thu Dec 8 18:34:06 PST 2016

**ubssw**

RT @IregiGeorge: A.2. There are a lot of things that I would want everyone to know about my stressors but that would stress them more! LOL...

Thu Dec 8 18:34:10 PST 2016

**laurelhitchcock**

RT @UBSSW: There's always #Humor - here is a pun - to help my holidays along. #MacroSW <https://t.co/RdTY0YjJ22>

Thu Dec 8 18:34:12 PST 2016

**iregigeorge**

What a great idea to have a Kwanza gift! Karibu. Land is gold in Kenya. #MacroSW <https://t.co/3mwfG5UW7X>

Thu Dec 8 18:34:20 PST 2016

**porndaughter**

A2: I wish people understood how much I dislike shopping. My limit in a store is like 10 minutes. #macrosw

Thu Dec 8 18:34:21 PST 2016

**littlejenay**

A2. Hearing my mom say: "Don't shake the table, the bread is rising." #homemadebread #MacroSW

Thu Dec 8 18:34:22 PST 2016

**sunyafolayan**

I'm very excited! Gotta get a strategy together. Besides, my family may need an exit plan :) Seriously. #macrosw <https://t.co/oowx2zB1ZY>

Thu Dec 8 18:34:23 PST 2016

**ubssw**

Talk about the #stress! #MacroSW #MargeKnowsBest <https://t.co/5uvLEIFBCQ>

Thu Dec 8 18:34:45 PST 2016

**sbaran68**

RT @VilissaThompson: @karenzgod, reflecting on past seasons can bring up mix feelings, & can shift the mood. Memories can be a sore spot,...

Thu Dec 8 18:35:00 PST 2016

**ubssw**

RT @IregiGeorge: @laurelhitchcock @newsocialworker @karenzgod I love these. In my country we have similar ones. Nice. #MacroSW

Thu Dec 8 18:35:07 PST 2016

**ubssw** RT @socialworkcomm: #MacroSW keeping it simple and focusing on the good--time with family, friends and lots of traditions!  
Thu Dec 8 18:35:13 PST 2016

**profetmitchell** #selfcare #506foundations <https://t.co/6OWoVywvdO>  
Thu Dec 8 18:35:17 PST 2016

**justin\_vest** A2 It's nice to spend time w/ friends & (certain) family, but also need time just for me.  
#selfcare #macrosw  
Thu Dec 8 18:35:18 PST 2016

**ubssw** RT @karengoda: A2: #MacroSW <https://t.co/P9kq6tUeQe>  
Thu Dec 8 18:35:19 PST 2016

**iregigeorge** You are absolutely right ... @laurelhitchcock: A2. That experiences during the #holiday season are more important than the gifts. #macrosw  
Thu Dec 8 18:35:20 PST 2016

**karengoda** @newsocialworker oh @SunyaFolayan you are in for a TREAT!! #MacroSW  
Thu Dec 8 18:35:28 PST 2016

**ubssw** Timely article on being there for people grieving at the holidays: <https://t.co/2ho76dSk0a> #MacroSW via @Baylor\_SSW  
Thu Dec 8 18:35:39 PST 2016

**iregigeorge** RT @socialworkcomm: #MacroSW keeping it simple and focusing on the good--time with family, friends and lots of traditions!  
Thu Dec 8 18:35:43 PST 2016

**laurelhitchcock** A2. For example, one of my favorite experiences is the candlelight service at local church. I cry every time we sing Silent Night. #macrosw  
Thu Dec 8 18:35:47 PST 2016

**karengoda** A2: #MacroSW <https://t.co/CzCFcgUAO7>  
Thu Dec 8 18:35:49 PST 2016

**shalisa\_renee** RT @karengoda: A2: #MacroSW <https://t.co/P9kq6tUeQe>  
Thu Dec 8 18:36:07 PST 2016

**ubssw** RT @laurelhitchcock: A2. That experiences during the holiday season are more important than the gifts. #macrosw  
Thu Dec 8 18:36:08 PST 2016

**karengoda** A2: #MacroSW <https://t.co/dmtlvEuVe5>  
Thu Dec 8 18:36:12 PST 2016

**shalisa\_renee** RT @UBSSW: Timely article on being there for people grieving at the holidays: <https://t.co/2ho76dSk0a> #MacroSW via @Baylor\_SSW  
Thu Dec 8 18:36:13 PST 2016

- ubssw** RT @profetmitchell: I think just recognizing that the holidays are often stressful and for some, aren't so happy, is important #MacroSW  
Thu Dec 8 18:36:17 PST 2016
- socialworkcomm** A1: Feelings of loss (even though it's been 8 years). Grief is strong around the holidays <https://t.co/2Gkht505do>  
Thu Dec 8 18:36:24 PST 2016
- littlejenay** RT @profetmitchell: I think just recognizing that the holidays are often stressful and for some, aren't so happy, is important #MacroSW  
Thu Dec 8 18:36:25 PST 2016
- nancy\_kusmaul** RT @UBSSW: Timely article on being there for people grieving at the holidays: <https://t.co/2ho76dSk0a> #MacroSW via @Baylor\_SSW  
Thu Dec 8 18:36:25 PST 2016
- ubssw** RT @IregiGeorge: What a great idea to have a Kwanza gift! Karibu. Land is gold in Kenya. #MacroSW <https://t.co/3mwfG5UW7X>  
Thu Dec 8 18:36:29 PST 2016
- shalisa\_renee** RT @profetmitchell: I think just recognizing that the holidays are often stressful and for some, aren't so happy, is important #MacroSW  
Thu Dec 8 18:36:29 PST 2016
- laurelhitchcock** I am so with you on this one @porndaughter! #MacroSW <https://t.co/WL1b7kfKIA>  
Thu Dec 8 18:36:29 PST 2016
- ubssw** RT @porndaughter: A2: I wish people understood how much I dislike shopping. My limit in a store is like 10 minutes. #macrosw  
Thu Dec 8 18:36:33 PST 2016
- ubssw** RT @LittleJenay: A2. Hearing my mom say: "Don't shake the table, the bread is rising." #homemadebread #MacroSW  
Thu Dec 8 18:36:37 PST 2016
- iregigeorge** @LittleJenay hahahaha very interesting to know about the bread rising! How was that like? #MacroSW  
Thu Dec 8 18:36:39 PST 2016
- mloxtton** RT @karengoda: A2: #MacroSW <https://t.co/CzCFcgUA07>  
Thu Dec 8 18:36:40 PST 2016
- karengoda** A2: This one especially powerful this time of year. #MacroSW <https://t.co/pGrOSokraV>  
Thu Dec 8 18:36:45 PST 2016
- justin\_vest** RT @profetmitchell: I think just recognizing that the holidays are often stressful and for some, aren't so happy, is important #MacroSW  
Thu Dec 8 18:36:48 PST 2016

**a2recdirect**

I had an almost identical tweet composed - will just retweet yours instead. Balance according to YOUR needs is important. #MacroSW <https://t.co/8Kfg4DXJkc>

Thu Dec 8 18:36:51 PST 2016

**ubssw**

RT @Justin\_Vest: A2 It's nice to spend time w/ friends & (certain) family, but also need time just for me. #selfcare #macrosw

Thu Dec 8 18:36:57 PST 2016

**ubssw**

RT @IregiGeorge: You are absolutely right ... @laurelhitchcock: A2. That experiences during the #holiday season are more important than the...

Thu Dec 8 18:37:01 PST 2016

**newsocialworker**

Me too! #macrosw <https://t.co/TBwJfu5eYP>

Thu Dec 8 18:37:02 PST 2016

**karengoda**

RT @profetmitchell: #selfcare #506foundations <https://t.co/6OWoVywvdO>

Thu Dec 8 18:37:06 PST 2016

**ubssw**

RT @karengoda: A2: #MacroSW <https://t.co/dmtlvEuVe5>

Thu Dec 8 18:37:15 PST 2016

**officialmacrosw**

RT @porndaughter: Porn 'n Pizzelles <https://t.co/TkW7LYGCHv> #MacroSW

Thu Dec 8 18:37:20 PST 2016

**officialmacrosw**

RT @VilissaThompson: @karengoda, reflecting on past seasons can bring up mix feelings, & can shift the mood. Memories can be a sore spot,...

Thu Dec 8 18:37:26 PST 2016

**ubssw**

RT @IregiGeorge: @LittleJenay hahahaha very interesting to know about the bread rising! How was that like? #MacroSW

Thu Dec 8 18:37:27 PST 2016

**iregigeorge**

I like that list @karengoda. Thanks for sharing. #MacroSW <https://t.co/RyQrTrWpSF>

Thu Dec 8 18:37:29 PST 2016

**nancy\_kusmaul**

Small things to relieve stress. <https://t.co/JaNaOzOT6T>

Thu Dec 8 18:37:29 PST 2016

**officialmacrosw**

RT @IregiGeorge: A.2. There are a lot of things that I would want everyone to know about my stressors but that would stress them more! LOL...

Thu Dec 8 18:37:29 PST 2016

**scalesr4fish**

#MacroSW self care morning routine to help you enjoy the holiday season! Remember to celebrate you for being you! 💕 <https://t.co/WVM0fgOQiW>

Thu Dec 8 18:37:33 PST 2016

**officialmacrosw**

RT @socialworkcomm: #MacroSW keeping it simple and focusing on the good--time with family, friends and lots of traditions!

Thu Dec 8 18:37:35 PST 2016

**justin\_vest**

RT @A2RecDirect: I had an almost identical tweet composed - will just retweet yours instead. Balance according to YOUR needs is impo...

Thu Dec 8 18:37:38 PST 2016

**sunyafolayan**

I can't wait! #macroSW <https://t.co/BeZLMfZP2g>

Thu Dec 8 18:37:40 PST 2016

**officialmacrosw**

RT @karenzgoda: A2: #MacroSW <https://t.co/P9kq6tUeQe>

Thu Dec 8 18:37:40 PST 2016

**vilissathompson**

RT @profetmitchell: #selfcare #506foundations <https://t.co/6OWoVywvdO>

Thu Dec 8 18:37:43 PST 2016

**officialmacrosw**

RT @UBSSW: There's always #Humor - here is a pun - to help my holidays along. #MacroSW <https://t.co/RdTY0YjJ22>

Thu Dec 8 18:37:44 PST 2016

**officialmacrosw**

RT @laurelhitchcock: A2. That experiences during the holiday season are more important than the gifts. #macrosw

Thu Dec 8 18:37:49 PST 2016

**officialmacrosw**

RT @profetmitchell: I think just recognizing that the holidays are often stressful and for some, aren't so happy, is important #MacroSW

Thu Dec 8 18:37:55 PST 2016

**officialmacrosw**

RT @porndaughter: A2: I wish people understood how much I dislike shopping. My limit in a store is like 10 minutes. #macrosw

Thu Dec 8 18:38:01 PST 2016

**officialmacrosw**

RT @LittleJenay: A2. Hearing my mom say: "Don't shake the table, the bread is rising." #homemadebread #MacroSW

Thu Dec 8 18:38:03 PST 2016

**ubssw**

@karenzgoda @mloxtan Thank you, Karen! #MacroSW

Thu Dec 8 18:38:18 PST 2016

**ubssw**

RT @A2RecDirect: I had an almost identical tweet composed - will just retweet yours instead. Balance according to YOUR needs is impo...

Thu Dec 8 18:38:29 PST 2016

**officialmacrosw**

RT @laurelhitchcock: A2. For example, one of my favorite experiences is the candlelight service at local church. I cry every time we sing S...

Thu Dec 8 18:38:29 PST 2016

**officialmacrosw**

RT @karenzgoda: A2: #MacroSW <https://t.co/CzCFcgUA07>

Thu Dec 8 18:38:31 PST 2016

— — — —