



**SAFE HARBOR
COUNSELING**

**Dr. Beth
Speaks**



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WSPY, Your Life Matters, Bullying Steps

- Mike Williams And it is time now for our weekly feature, ***Your Life Matters*** , with Clinical Social Worker, Dr. Beth Placketka from Safe Harbor Counseling and Dr. Beth Speaks.
- Mike Williams Dr. Beth Placketka welcome again. How are you?
- Dr. Beth Placketka Good Morning Mike. I'm fine. How are you?
- Mike Williams Doing well. As we are starting to close out October which as we have been focusing on, it's National Bullying Awareness Month, so important all year long to keep folks aware of some of the warning signs and some ways they can help deal with what is going on in a tough situation. Especially this month we want to kind of hammer home some points and let folks know they are not alone, and there is some help.
- Mike Williams What do we want to focus on for today's show about bullying?
- Dr. Beth Placketka Well, I think it is important because of the questions I received that we also take a look at what do you do? What are the steps that you take? From the targets, I would get questions that say, "ok what's going on and I need immediate help." Witnesses, I am more likely to hear from after a presentation about bullying, adult bullying especially in the work place, where they say, " ok, how can I help?" And unfortunately we rarely, if ever hear from the bully. Just a reminder that because it spreads, because the emotional, mental, and psychological tension is so great, even people who aren't directly involved are experiencing those kinds of emotions and outcomes.
- Dr. Beth Placketka Bullying behaviors happen a long over time. They're unjust. They're glaring. They're accusatory. There's innuendos, about reputation. It's the kind of thing you can't escape. You know that you are in one of these kinds of situations when you keep saying, "what is going on and why are things happening to me." And nothing you do seems to make a difference. So there are somethings you can do.

Mike Williams It's not, for those of us that are just joining us, maybe missed some previous shows, we are focusing mainly adult bullying at the workplace or something along those lines. Some of it can still apply if it is your son or daughter at school. They are dealing with bullies as well. But this a big problem at the workplace with adults, etc.. This is kind of our focus here if you are dealing with some of this. Hopefully you can get some help from those programs. So with all of this going on, if you are a target and you feel like you are being bullied, what are some things you can do?

Dr. Beth Placketka First we have to remember that it does affect us physically, so the very first thing is you want to start working on feeling better. Quit trying to please the bully. The bully takes great delight. The more you try to problem solve about the situation, the more they are going to try to twist it on you. So just know they like the power over you and start focusing on yourself. Get health. Eat well. Rest. Get a lot of sleep. Take meds if it's needed. If you can't sleep, talk to a doctor, take care of that. The other thing that you want to do is with a friend or a family member, start looking at your strengths. Often I say to people, you are not necessarily looking for a job, but write your resume. You would be amazed at how many skills and good qualities you have that you have forgotten about. List people you know who like and care about you. Make sure you recognize you are a part of a community that does care. Reduce the feeling of being constantly watched and evaluated because we feel like we are under a microscope when that happens. Remind yourself that while this is really awful, only a small handful of people in the world know this is happening. So you get to go on about your business as much as possible. There is no shame in you for somebody else's behavior. Finally, get as far away from the bully as you can. You are not going to change them. Distance. If you have to change jobs, change jobs or join clubs, a different club, get different activities but remove yourself. If you can't at least distance yourself emotionally. Listen and watch what he or she does, give yourself time to respond. Ask questions, clarify, say I will get back to you. That's a great idea but come back. You don't want to be at their beck and call every day, every second.

Mike Williams And that's got to be a tough thing. It sounds good to leave your job and work someplace else. That is not always feasible, and it shouldn't have to come to that. Obviously if it is an untenable situation, you might have to do something drastic like that, but if you love your job, if you need your job, you are going to have to find other ways to create some distance. Whether it is at the workplace or at home to distance and separate yourself from that situation the best you can.

Dr. Beth Placketka Absolutely and sometimes that is talking to people to vent and keep getting those reminders that you are not doing something wrong. Also to make it not fun for the bully to mess with you anymore.

Mike Williams One final thing if folks feel like they do need some additional help, Safe Harbor Counseling is here.

Dr. Beth Placketka Absolutely and Dr. Beth Speaks would be glad to talk about what that looks like in an educational format.

Mike Williams And how do they get ahold of you and find out some more information.

Dr. Beth Placketka Our office number is **630-466-8657**.

Mike Williams And we invite listeners to find out more at those numbers and at the website, safeharboril.com and don't forget to submit your questions with an email at that address and put **WSPY** in the subject line, and you may get your question answered on an upcoming show. Dr. Beth Plachetka thanks again for coming in. Hopefully we have given some folks good information and they will get some help if they need it.

Dr. Beth Placketka Absolutely. We are always there.

Mike Williams That is all the time we have for today's show, join us again next Monday for another installment of, ***Your Life Matters***, with Clinical Social Worker, Dr. Beth Plachetka for Safe Harbor Counseling and Dr. Beth Speaks.

