

WOMEN'S HAPPINESS

Carin (Marcus) Berman
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Clinical Social Worker



What work do you do and why did you choose this field?

I am a Clinical Social Worker/ specialising in the field of Grief, Loss, Bereavement and Palliative care. I run a private practice working with children, adults and families. I also work in hospital settings and in the corporate space. I feel truly privileged to do this work and feel that the career chose me. Having lost my father at age 11 on the Helderberg air disaster, I couldn't have known then the influence this experience would not only have had over my life, but also my career path. I have come to regard impermanence and death as our greatest teachers as I believe that that we only truly 'live wholeheartedly' when we have an awareness of life's present and transient nature. The gift of living is life itself! Human resilience and courage remain my lighthouse and I have the sacred privilege of walking alongside people as they navigate life's sufferings and joys. To witness life's ending, allows the observer to make meaningful decisions for life.

How do you personally invest in your own wellbeing?

What is 'wellbeing'? It is total self - physical, spiritual, emotional, psychological - wellbeing.

I came across a beautiful quote that says "The antidote to depression is PLAY!" (for me it's certainly not exercise)

I play, I walk, I laugh, I dream, I talk, I cry, I pray, I eat, I bake, I read, I sit in quiet contemplation. I engage being a wife, a mother, a daughter, a sibling, therapist, friend and community member amongst other roles that I so value.

I try not be afraid to be vulnerable, as my vulnerability is humanness and humility, and I try every day to embrace my faith, courage and resilience. As I navigate through this world, I remind myself frequently of the Serenity Prayer: "G-d grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference". Being a

Logotherapist, meaning and purpose are cornerstones to my wellbeing as is my strong faith and belief.

What small thing/s can women do to inject more happiness into their lives?

What is happiness? "Happiness is not a goal in and of itself, it is a by-product of doing what you enjoy!"

Engage, honour, embrace and keep showing-up for yourself. Examining the narrative of 'Self-care' is not 'Self-fish'. Women are so many things to so many people. Please make sure you keep your watering can full - an empty can, can't nourish flowers. Women are role models to our younger generations, there is incredible power and responsibility in that. Seek out joy and happiness - sometimes it's smaller and closer than we think.

What Jewish woman (past or present) inspires you and why?

I am truly inspired by all women, present and past. Women are powerful, brave, vulnerable, resilient and courageous. Women are the source of life. I salute and honour all women, for all that we do, all that we are and all that we aspire to be.

(Author unknown)
Shout out to everyone who is trying right now.
Trying to do the right thing, Trying to stay open, Trying to keep going
Trying to hold on, trying to let go, trying to find their flow
Trying to stay afloat
Trying to meet each new day, trying to find their balance
Trying to love themselves, trying things and new ways.
I see you. I'm there too.
We all in this together!

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