How to Flourish in Social Work
Preserving personal longevity and happiness, relationships, and your career

Common Ailments
“A feeling of depletion leads to dysfunction...a [Social Work] practitioner becomes increasingly ‘inoperative’.”

- Burnout
- Compassion Fatigue
- Secondary Traumatic Stress

Steps to Self-Care
Self-care refers to selected actions that restore balance in our personal and professional lives.

Not just an add-on activity, self-care is also a state of mind through development of self-awareness, self-regulation, and self-efficacy.

Exercise
Light exercise 3 days a week improves happiness by 10-20% and increases work productivity by 15%

Meditate
50% reduction in overall psychiatric symptoms
70% decrease in anxiety
44% reduction in common medical symptoms

Read
A new trend in treatment of mental illness; boosts creativity and activates sensory areas of the brain

Greenspace
Having over 30% of green space in your surroundings is recommended for healthy cortisol levels

Laugh
Laughter strengthens the immune system, boosts energy and diminishes pain. Children laugh over 300 times per day. The typical adult chuckles 15 times per day.
Time Off

30% of employees use their vacation time, which leads to better quality sleep, decreased stress and improved mood.

Eat Well

Omega-3 fatty acids improve learning and memory and fight mental disorders. Carbohydrates aid in the release of endorphins.

Sleep

The CDC currently classifies insufficient sleep as a public health epidemic. Sleep restores cognitive functions.
For a self-care starter kit, please visit
www.socialwork.buffalo.edu/students/self-care

Sources:


