For a self-care starter kit, please visit http://www.socialwork.buffalo.edu/students/self-care/

Preserving personal longevity and happiness, relationships, and your career

**COMMON AILMENTS**

- **BURNOUT**
- **COMPASSION FATIGUE**
- **SECONDARY TRAUMATIC STRESS**

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

**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 3-5 days a week** improves happiness by 10-20% and increases work productivity by 15%.

**READ**

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

**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.

**EAT WELL**

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

**MEDITATE**

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

**GREENSPACE**

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

**TIME OFF**

- 30% of employees use their vacation time, which leads to better quality sleep, decreased stress and improved mood.
- A 3-day weekend improves happiness by 10-20% and increases work productivity by 15%.
- 30% reduction in overall psychiatric symptoms
- 70% decrease in anxiety
- 44% reduction in common medical symptoms

**SLEEP**

The CDC currently classifies insufficient sleep as a public health epidemic. Sleep restores cognitive functions.

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