

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 **3 DAYS** exercise **A WEEK** improves happiness by **10-20%** 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.



Adams, R. E., Figly, C. R., & Boscarino, J. A. (2008). The compassion fatigue scale: Its use with social workers following urban disaster. *Research on Social Work Practice, 18*(3), 238-250. doi:10.1177/1049731507310190

Bride, B. E. (2007). Prevalence of secondary traumatic stress among social workers. *Social Work, 52*, 63-70.

Center for Workforce Studies. (n.d.). Retrieved from <http://workforce.socialworkers.org/>

Cornille, T. A. (1999). Secondary traumatic stress among child protective service workers. *Traumatology, 5*(1), 15-31. doi:10.1177/153476569900500105

National Alliance on Mental Illness. (2014). Retrieved from <http://www.nami.org/>

Smullens, SaraKay. "What I Wish I Had Known: Burnout and Self-Care in Our Social Work Profession." *The New Social Worker Fall 2012*. Retrieved from <http://www.socialworker.com>

Sabo, B. (2011). Reflecting on the concept of compassion fatigue. *OJIN: The Online Journal of Issues in Nursing, 16*(1). doi:10.3912/OJIN.Vo16No01Mar01

United States Census Bureau. (2014). Retrieved from <http://www.census.gov/>

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