

# 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](http://www.socialwork.buffalo.edu/students/self-care)

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