

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 "ineffective".



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%**

READ

A new frontier treatment of mental illness: boosts creativity and activates sensory areas of the brain.

LAUGH

Laughter strengthens the immune system, boosts energy and alleviates 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 communities**.

TIME OFF

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

SLEEP

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



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

Self In Social Work

Karin Nielsen-Saines



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