

How to Flourish in Social Work

Preserving personal longevity and happiness, relationships, and your career



BURNOUT

COMMON AILMENTS

"A feeling of depletion leads to dysfunction... a [Social Work] practitioner becomes increasingly 'inoperative'."



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 **2 WEEK** improves happiness by **10-20%** increases work productivity by **15%**

READ

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

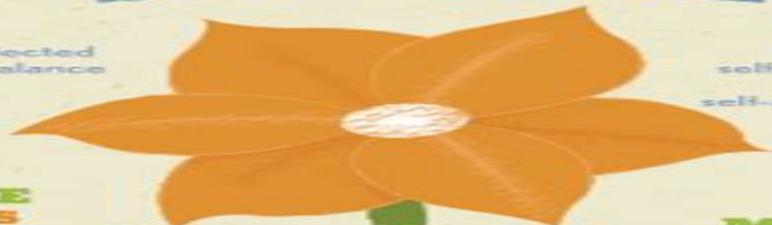
LAUGH

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 mental health**.

TIME OFF

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

SLEEP

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



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

The Self In Social Work

Michael Hoelscher



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