

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 of sleep,
decreased stress and improved mood.