

# 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 A WEEK** exercise improves happiness by **10-20%** increases work productivity by **15%**

### READ

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

### 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**

### 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 cortisol levels**.

### 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 restores cognitive functions.



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