

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.

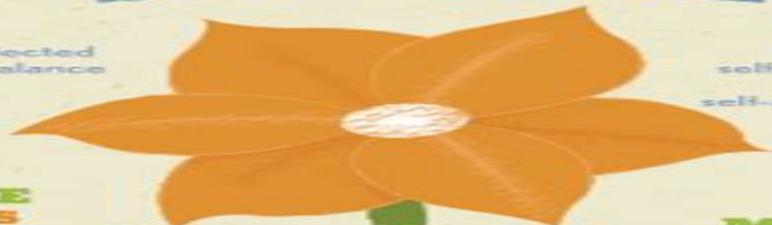
LAUGH

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

K Morrison



The Self In Social Work:

Unveiling the Magic of Words: A Report on "**The Self In Social Work**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**The Self In Social Work**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

https://thebrandexperience.com/files/Resources/Documents/async_communication_pro.pdf

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web a pulley is a type of simple machine that uses a wheel with a groove in it and a rope the rope fits into the groove and one end of the rope goes around the load you pull on the other end the pulley helps you to move the load or change direction of the force some examples of pulleys include cranes flag poles and window blinds

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against the opponent it is a style for self defense wado ryu isn t strictly an art of karate instead it comprises of shindo yoshin ryu jujutsu and modern day karate techniques