How to Flourish 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'."







SELF-CARE

Self-care refers to selected actions that restore balance in our personal and professional lives.

BURNOUT

Not just an add-on activity, self-care is also a state of mind through development of self-awareness, self-regulation, and self-efficacy.

INCHES P

Light Z DAYS exercise A WEEK

improves happiness by 10-20% increases work productivity by 15%



psychiatric symptoms decrease in anxiety

reduction in common medical symptoms

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

over

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

times

The typical adult chuckles

times

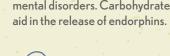


of employees use their vacation time, which leads to better quality sleep, decreased stress and improved mood.

Omega-3 fatty acids improve learning and memory and fight mental disorders. Carbohydrates



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/

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