

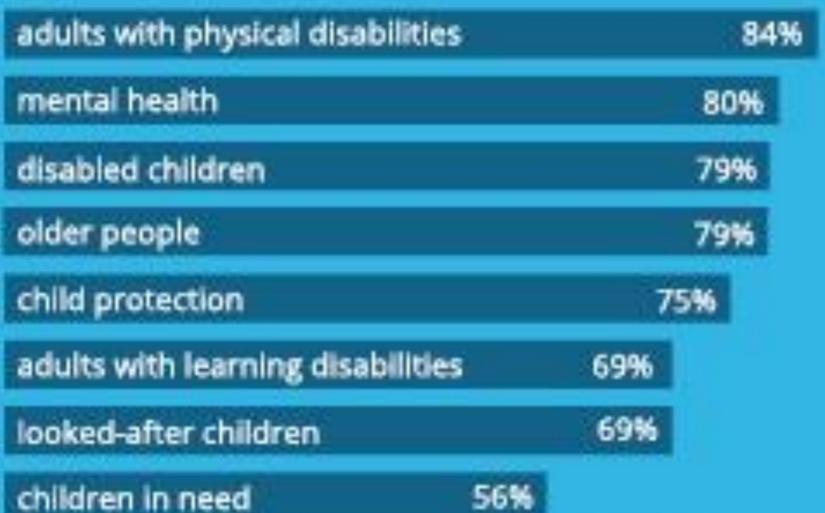
How close are you to burn out?

A recent study of over 1300 social workers found that over 73% suffered from emotional exhaustion and 26 % from depersonalisation – the process of becoming emotionally hardened.

(Community Care)

<http://www.communitycare.co.uk/2015/07/14/social-workers-on-the-edge-of-burnout-but-still-achieving-positive-changes/>

What is the most stressful area of social work?



Percentage of respondents reporting high levels of emotional exhaustion

Some of the warning signs.....

- Feeling tired all the time
- Feeling sad for no apparent reason
- Avoiding people
- Using alcohol/ drugs to feel better
- Working hard to little effect
- Worrying about work all the time
- Dreading going to work



Introducing 'Simple Pleasures'

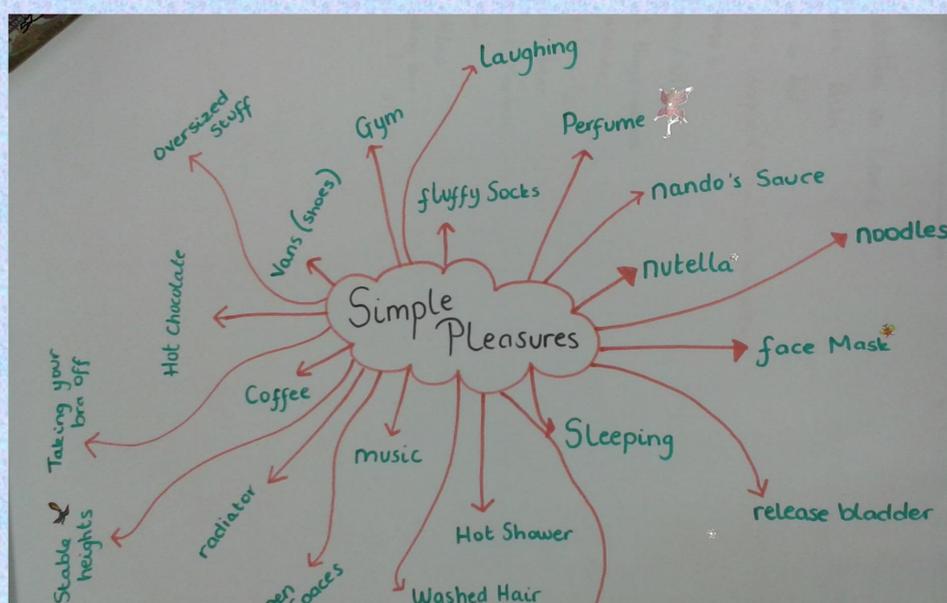
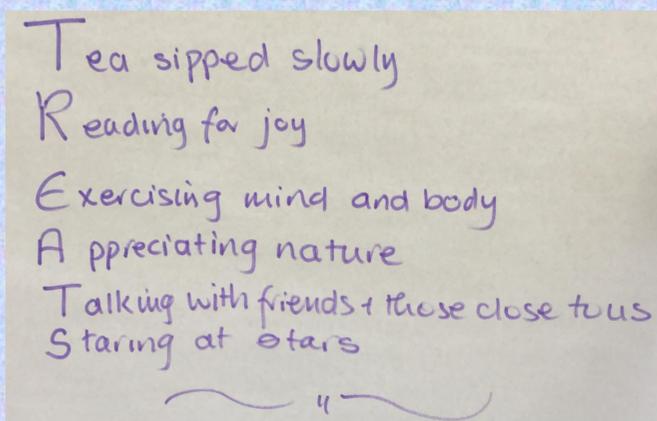
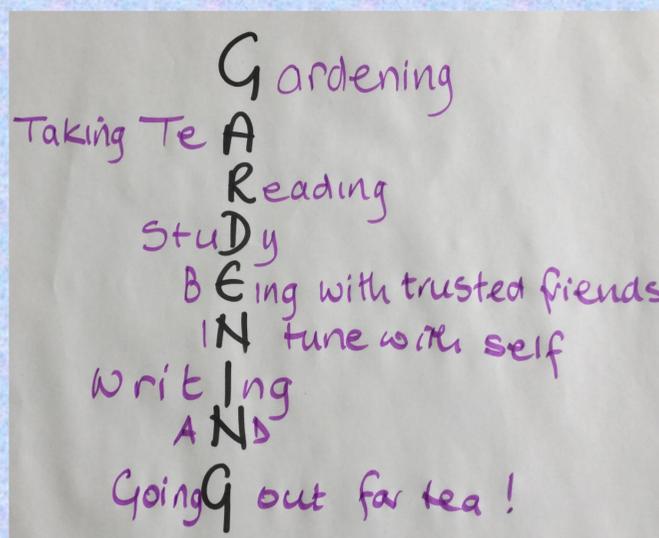
A potent tool (from Transformative Life Writing™*) that may help maintain your sense of resilience & well-being

What are they?

Small things, that don't cost very much, but that give you tremendous joy or satisfaction. Used mindfully, especially in stressful times, they can 'pep' you up, & help you remain grounded.



Here are some examples from our students.
Can you spot a few of your favourites?



At work: what 'simple pleasures' do you sprinkle throughout the day, to maintain your sense of well-being?



We asked our agency partners & colleagues what helps them get through stressful times at work. Can you guess who said what? What works for you?



Dr Wilson Muleya,
Head of Department of Social Work & Social Care



Liane Barnard
Foster carer



Peter Moorcock
Youth Service Manager,
Achieving for Children



Wendy Clarke-Whyatt
Family Practitioner,
Achieving for Children, Early Help



Barnabus Shelbourne,
Director, Children's Youth & Family Work, YMCA London South West



Sarah O'Brien
Youth Support Service, Surrey



Susan Watson
Course Leader, BA Working with Children & Young People

A laugh shared with colleagues or family

Going for a 10 minute walk

Stopping for a cup of tea. Having time to think before carrying on

Colleagues who are kind & supportive

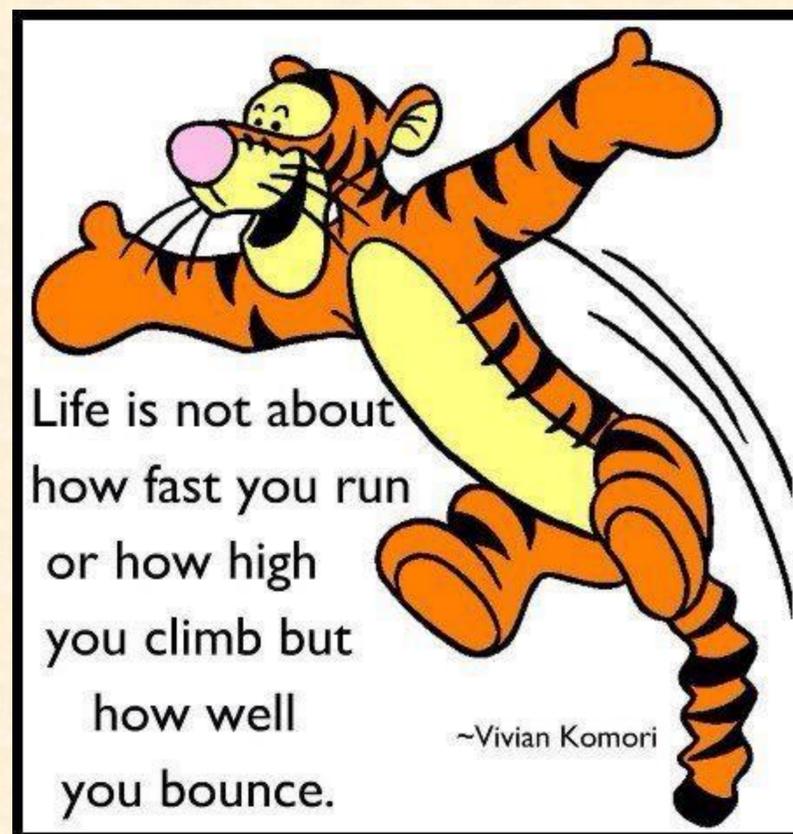
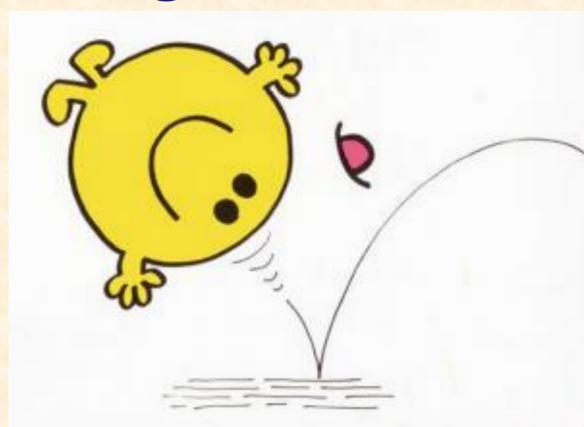
A continually stressful job is a great motivator to take stock and re-consider career options

Laughing with colleagues – the repetitive jokes we share keep me going through a long day

Even a few minutes away from a stressful task can give me a new perspective on it.

Helping children develop resilience...

How can we help prepare children for the complex non-stop rush of their adult lives? The good news is that where ever we are in our resilience journey, we can learn strategies to get better at 'bouncing back'.



10 best phrases to teach resilience to your kids

1 

Goal
Humour

Phrase
"Come on, laugh it off"

2 

Goal
Contain thinking, perfectionism and anxiety

Phrase
"Don't let this spoil everything"

3 

Goal
Distraction

Phrase
"Let's take a break"

4 

Goal
Handling worry and asking for help

Phrase
"Who have you spoken to about this?"

5 

Goal
Offering hope

Phrase
"I know it looks bad now but you will get through this"

6 

Goal
Positive reframing

Phrase
"What can you learn from this so it doesn't happen next time?"

7 

Goal
Acceptance

Phrase
"Don't worry – relax and see what happens!"

8 

Goal
Perspective

Phrase
"This isn't the end of the world"

9 

Goal
Flexible thinking

Phrase
"You could be right. But have you thought about ..."

10 

Goal
Taking action

Phrase
"What can we do about this?"