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/

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

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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?


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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.

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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 wherever we are in our resilience journey, we can learn strategies to get better at ‘bouncing back’.

Life is not about how fast you run or how high you climb but how well you bounce.

~Vivian Komori

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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?"

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10 best phrases to teach resilience to your kids

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