

10 TIPS ON SELF-CARE FOR SOCIAL WORKERS

While the rewards of being a social worker are plentiful, the job can take its toll – mentally and physically. Boost your well-being and reduce stress with these 10 simple ways to practice self-care.



1

START A POSITIVITY FILE

Write down compliments, uplifting client stories, and other good news. Read a few entries on rough days, or when you need a reminder that you are appreciated and what you do matters.

GET UP AND MOVE

Walking can improve your mood, plus provides a host of other health benefits. (Tip: Do good for yourself and others by downloading the [CharityMiles app](#) to help earn money for 30+ charities by walking, running and biking.)

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SHAKE UP YOUR ROUTINE

Even something as simple as using a different hand to brush your teeth or taking an alternate route to work can help train your brain to better handle distressing or difficult situations.



ACTIVATE YOUR SELF-SOOTHING SYSTEM

Self-soothing can reduce the effects of trauma. Focus on the five senses – things like stretching, slowly sipping your coffee, keeping an essential oil diffuser at your desk, looking at a picture that makes you happy, or listening to a relaxing song.

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WRITE IT DOWN (AND THROW IT AWAY)

Unclutter your brain and figure out what's bothering you by writing down your thoughts and feelings. You can even "throw your feelings away" to influence the way they affect you.



DRINK PLENTY OF WATER

To avoid dehydration and decreased energy levels, carry water with you everywhere. If it's constantly with you, you'll eventually drink it without even having to think about it. (Pro tip: Infuse fruit and herbs for added flavor.)

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PREP MEALS AND SNACKS AHEAD OF TIME

Pick one day a week to plan your meals and snacks, shop for ingredients, and prepare your food. That way, you'll have plenty of "grab and go" containers to choose from on busy or chaotic days.



SET ASIDE 5 MINUTES A DAY FOR PLAY

Just a few minutes a day having fun and being spontaneous can relieve stress, release endorphins, and help you problem solve. Color, draw, dance – whatever works for you!

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MAKE SURE YOU HAVE THE RIGHT TOOLS

Look for ways to cut time spent on paperwork and automate routine tasks so that you have more time to focus on what you came to do: help families and kids in need.



MAKE SELF-CARE A PRIORITY

Putting yourself on the backburner is easy when your job revolves around helping others, but self-care must be a priority – not just something you'll get to when you have time.

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