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Burnout and Self-Care in Social Work: A Guidebook for Students and Those in Mental Health and Related Professions

SaraKay Smullens

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Are you exhausted, stressed, overwhelmed? Or do you feel that these reactions are very close, waiting in the wings? If so, *Burnout and Self-Care in Social Work* is the book for you. Burnout, one of the primary reasons why committed social workers leave the profession, is a grave and pervasive problem with glaring impact. Those entering social work and all related fields, as well as those already deeply involved, must be educated about its toll and prepared to address and prevent the depletion it causes. This book provides valuable insights for all who carry complex and divergent responsibilities. SaraKay Smullens addresses both burnout and self-care from a professional, personal, social, and physical perspective. She integrates research, case studies, questionnaire responses, and her seasoned experience to identify three major root causes of burnout--compassion fatigue, countertransference, and vicarious trauma--and defines creative strategies for individual self-care opportunities. This resourceful guide offers clarification, direction, and opportunity for reflection to help students and professionals in social work, related fields, and beyond find balance in their personal and professional lives as well as ease work-related stress to better serve clients--and, in this way, achieve professional equilibrium, success, and personal fulfillment.

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