



Self-Care in Social Work: A Guide for Practitioners, Supervisors, and Administrators

Kathleen Cox, Sue Steiner

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Social workers encounter a number of unique forms of occupational stress on a daily basis. The more thoroughly they understand the stressors they face, the better-prepared social workers will be able to manage them successfully. *Self-Care in Social Work* is a guide to promote effective self-care tailored to the needs of social workers, including both individual and organizational approaches. On a personal level, it goes beyond the typical prescriptions to exercise, eat well, sleep more, and get a massage or meditate. In fact, the book is based on the premise that self-care should not be an add-on activity only happening in the rare instance there is some free time. Instead, it is conceptualized as a state of mind and considered an integral part of a social worker's training.

In *Self-Care in Social Work*, the reader is taught how to approach individually oriented self-care through the development of self-awareness, self-regulation, and self-efficacy. At the organizational level, readers are guided through a process of learning about areas of match and mismatch between themselves and their agency structure and culture. The book is timely in that the economic downturn has put pressure on agencies to do more with less, which ultimately leads to stress.

Burnout, compassion fatigue, and vicarious trauma are topics that students, instructors, practitioners, and administrators are concerned about. A practical guide to stress management and approaches to self-care, this book includes narratives gathered from both students and practitioners in the field. It is an excellent resource for social workers, counselors, and mental health professionals in education.

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