

SOCIAL WORK UNDER PRESSURE HOW TO OVERCOME STRESS FATIGUE AND BURNOUT IN THE WORKPLACE%0A

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Social Work Under Pressure How to Overcome Stress

Stress, fatigue and burnout are serious problems in the social work profession. High case loads, staff shortages, budget cuts and the challenging nature of the job contribute to high levels of stress, and social workers can crack under the pressure.

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Social Work under Pressure How to Overcome Stress

19.99 (pb), ISBN: 978-1-84905-116-3 The book is aimed at social workers, but would also be useful for other professionals working with people in distressing circumstances. Specific reference is made to child protection workers and mental health workers, and research is included which points to

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Nonetheless, in order to help the workforce overcome stress, fatigue and burnout, more detailed recommendations are required of the ways in which social workers can enhance their resilience to stress.

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Book Summary: This text book describes the main features of social work pressures from an employee perspective. It contains the voices of 14 social workers who describe their experiences and how they managed the pressures of the job as well as giving voice to the stress and strain of being a social worker.

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Social Work under Pressure How to Overcome Stress

Although there is evidence that social workers gain considerable enjoyment and satisfaction from their work, they tend to report higher levels of stress, fatigue and burnout than many other occupational groups. This has serious implications for health and job performance, as well as recruitment and retention. The need for social workers to develop the emotional resilience required to cope with

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pressure, fatigue and burnout are severe difficulties within the social paintings occupation. excessive case rather a lot, employees shortages, funds cuts and the not easy nature of the task give a contribution to excessive degrees of pressure, and social staff can crack lower than the pressure.

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How Can Social Workers Combat Work Burnout

Social workers make all the difference to the people they help. But sometimes the stress of their daily jobs is too much, making helping their clients more difficult.

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Social Work Under Pressure How to Overcome Stress

This accessible book demonstrates how managers and practitioners can overcome workplace distress, fatigue and burnout by understanding the causes and implementing practical strategies. The book is full of techniques and tips that will be invaluable to all social work managers and practitioners seeking to beat workplace stress overload and burnout.

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