



Discussing Self-Care & Burnout as a Future Social Worker

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Learning Objective

- Understand burnout in social workers
- Explore how self-care can help mitigate burnout
- Identify realistic self-care strategies that work in social work settings

What is burnout?

Burnout is a chronic workplace stress leading to

- Emotional exhaustion
- Detachment
- Reduced sense of effectiveness

(Leiter & Maslach, 2024; Maslach, 1998)





What is self-care?

A collection of actions and activities that individuals can engage in or perform to preserve or restore their well-being.

- Mental & Emotional
- Physical
- Spiritual
- Social
- Professional Practice

Key Takeaways!

1. As a social workers we are all at risk of experiencing burnout.
2. Self-care is essential to mitigate or prevent burnout.
3. The self-care plan you choose should fit your specific needs.

