

Competencies for Social Worker Self Care and Burnout Prevention

- Understand the difference between Stress, Compassion Fatigue and Burnout.
- Become more aware of potential stress factors in self, in the organizational environment, and in the workplace associated with working for the Children's Division.
- Develop the ability to assess his or her own emotional responses to clients, co-workers and situations.
- Examine how the worker's values, cultural/personal style, and familial background may be challenged in the working environment and how that may add to stress and burnout.
- Develop Self-care Techniques for preventing Burnout
- Examine your personal temperament and personality and gain an understanding of how that may affect your ability to cope with stress and burnout.