

PREVENTING BURNOUT IN HUMAN SERVICES WORK

Working in human services as a Therapist, Caseworker, Probation/Parole officer, Police officer, Teacher, Residential Direct Care staff, Administrator, etc. can be a rewarding profession but also stressful at times. Working with children, adolescents, adults, and families who are struggling in life can be challenging and increase the risk of 'Burning Out' if we do not take good care of ourselves, personally and professionally.

Listed below are strategies for how to prevent burnout and create a professional and personal space in which human service workers can thrive. The information is organized into Personal Strategies (things we can do in our *personal life*) and Professional Strategies (things we can do in our *work life*) for preventing burnout.

PERSONAL Strategies for Preventing Burnout

1) MAINTAIN A 'BALANCED LIFE'

Make time for Sleep, Healthy Diet, Physical Exercise, Mind-body practices, Vacations, and Fun!

2) BE RESPONSIVE TO YOUR NEEDS AS AN INTROVERT OR EXTROVERT

If you are introverted and get your energy from alone time, make time for it. If you are extroverted and get your energy from social interactions, make time for it.

3) SCHEDULE TIME FOR 'ACTIVITIES THAT ARE RELAXING, MAKE YOU HAPPY, AND/OR EXPRESS YOUR PASSION' (e.g., relaxing on the couch watching football and eating nachos!!)

4) DEVELOP 'PERSONALITY ATTRIBUTES & STRATEGIES' ASSOCIATED WITH 'WELL-BEING & EMOTIONAL RESILIENCE'

- *Enthusiasm*- Friendly, sociable, emotionally expressive
- *Low Withdrawal*- Not easily discouraged or overwhelmed; Low rumination, isolation, & avoidance
- *Compassion*- Feel and care about others' emotions and well-being
- *Industriousness*- Achievement-oriented, self-disciplined, efficient, competent
- *Intellectual Curiosity*- Open to new ideas, enjoy thinking deeply, reflect a lot on their experiences
- *Positive Affectivity*- Happy, energetic, confident
- *Optimism*- Possessing generalized favorable expectancies for your future
- *Cognitive Reappraisal*- Rethinking a situation in a way that reduces emotional distress

5) UTILIZE 'HUMOR AND LAUGHTER'

Use humor that is affiliative (tolerant and accepting humor that fosters relationships) and self-supporting (helps buffer and protect self but not at the expense of others). No sarcastic, put-down humor.

6) EMBRACE THE FACT THAT WE ALL MAKE MISTAKES

- No one is perfect
- Remind yourself that mistakes are opportunities to learn and grow (personally & professionally)
- Model for clients how to take personal responsibility for your mistakes/ errors

7) ADDRESS YOUR OWN PSYCHOLOGICAL STRUGGLES

Access support and therapeutic services to help address past and/or present life stressors (as needed).

8) SURROUND YOURSELF WITH 'PSYCHOLOGICALLY HEALTHY PEOPLE'

Foster relationships with stable, honest, supportive people, while setting limits with people who are not.

PROFESSIONAL Strategies for Preventing Burnout

9) UTILIZE 'HEALTHY COMPARTMENTALIZATION'

Allow yourself mental breaks from work. Try not to take 'work stress' home with you. Maintain a present-moment focus when doing leisure activities.

10) ESTABLISH 'POSITIVE, COLLABORATIVE RELATIONSHIPS' with clients and co-workers

11) MAINTAIN A 'STRENGTH-BASED, SOLUTION-FOCUSED APPROACH'

Focus on strengths, solutions, and exceptions to problems in your interactions with clients and co-workers. Chronic negativity and deficit-based thinking is toxic to self and others.

12) CREATE A 'SUPPORTIVE, NON-COMPETITIVE TEAM ENVIRONMENT'

- Practice the character quality of *Humility (keep your Ego in-check)*.
- Celebrate co-workers' successes.
- Be open to learning from others. And openly share your own knowledge and experience too.

13) IDENTIFY AND LEARN FROM 'POSITIVE, COMPETENT PEOPLE'

Be a sponge and learn as much as you can from competent co-workers who freely share their knowledge

14) BE A 'LIFE-LONG LEARNER'

Human behavior is complex, and no one has all the answers, so keep pursuing new information & ideas

15) REGULARLY 'CHECK-IN WITH YOUR POSITIVE SUPPORTS'

Maintain regular communication with your positive supports (e.g., supervisors, co-workers, family supports). It is important to have opportunities to talk about your positive job experiences, as well as stressors, frustrations, insecurities, etc.

16) MAINTAIN 'PERSONAL INTEGRITY'

Always make Decisions and Advocate for what is in the Best Interest of Clients, Coworkers, and Self. Having a voice can help counteract Hopelessness.

17) MAINTAIN 'HOPE' ABOUT CLIENT'S CAPACITY TO MAKE POSITIVE LIFE CHANGES

Remind yourself about the many areas of research that provide reasons for optimism (e.g., developmental maturation, neuroplasticity, resilience, posttraumatic growth, etc.).

18) MAINTAIN 'REALISTIC EXPECTATIONS AND GOALS' FOR CLIENTS

Permanent change does not happen overnight. Do not give up when clients are slow to make changes.

19) RECOGNIZE AND APPRECIATE EVEN 'SMALL POSITIVE CHANGES' IN CLIENTS

Pay attention to the small and transitory changes that occur gradually over time.

20) AVOID BECOMING OVER OR UNDER RESPONSIBLE for a client's treatment progress.

21) DO NOT PERSONALIZE A CLIENT'S PROBLEMATIC BEHAVIORS

Remind yourself that a client's problem behaviors are often related to their social history, adverse childhood experiences (ACEs), developmental stage, and/or psychological struggles.