

Making Research Count Seminar

Thursday 12th December 2013

Looking after ourselves; resilience and self-care in social work practitioners

Mike Bush

Resources

http://www.malehealth.co.uk/files/images/Brain_text.pdf

<http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/physicalactivity.aspx>

<http://www.physics.ohio-state.edu/~bcd/humor/wellington.html>

<http://www.sciencedaily.com/releases/2007/01/070104144711.htm>

Bush, M. (2006). 'On the receiving end', Healthcare Counselling and Psychotherapy Journal, Oct 2006, Vol. 6, No 4.

<http://www.theguardian.com/society/2009/sep/16/social-workers-sick-leave-soars>

<http://www.stressmanagement.co.uk/stress/workplace-stress.html>

<http://www.birmingham.ac.uk/Documents/college-social-sciences/social-policy/CEIMH/StressFlyer.pdf>

<http://www.studygs.net/stress>

<http://www.friedsocialworker.com/socialworkburnout.htm>

<http://www.mentalhealthintheuk.co.uk/Howtodealwithbullying.pdf>

<http://www.nationalbullyinghelpline.co.uk/about.htm>

Links to useful documents

https://knowledgehub.local.gov.uk/group/thecollegeofsocialworkcommunitiesofinterest/forum/-/message_boards/message/11640540

http://bundlr.com/b/stress-and-the-caring-professions?utm_source=hot_bundle&utm_medium=email&utm_content=bundle_photo&utm_campaign=notifications

<http://www.communitycare.co.uk/Articles/09/12/2011/117869/social-workers-must-not-neglect-their-own-mental-health.htm>

<http://www.communitycare.co.uk/blogs/mental-health/2012/05/on-the-receiving-end-how-i-wen.html>

<http://www.bemindful.org/mindmastery.pdf>

http://www.socialwork.buffalo.edu/students/self-care/documents/plan/Lifestyle_Behaviors.pdf

<http://www.socialwork.buffalo.edu/students/self-care/developing-emergency-plan.asp>

http://www.socialwork.buffalo.edu/students/self-care/documents/plan/Self-Care_Assessment.pdf

http://www.socialwork.buffalo.edu/students/self-care/documents/measures/Holmes-Rahe_Life_Stress_Inventory.pdf

http://www.socialwork.buffalo.edu/students/self-care/documents/measures/Where_is_Your_Time_Going.pdf

http://www.socialwork.buffalo.edu/students/self-care/documents/measures/Are_You_Stressed.pdf

http://www.socialwork.buffalo.edu/students/self-care/documents/plan/Lifestyle_Behaviors.pdf

http://www.socialwork.buffalo.edu/students/self-care/documents/measures/Compassion_Satisfaction_and_Fatigue_-_Stamm_2009.pdf