

Natacha Argant-Lazare

Group leadership experience

03/25/2021

Greet everyone.

Brief information about self-care:

- Social workers are taught to care for others but not always for themselves. Many social workers have said something along the lines of “I don’t have enough time to do my job well and take care of myself,” and therefore deny themselves the self-care strategies social workers need. Many social workers suffer from burnout, a job hazard that has become synonymous with social work. But we believe that social workers can improve their lives and professions through the practice of self-care.
- Get everyone involve by asking each person individually what they like to do for self-care.
- Introducing the wheel of self-care by discuss it.
- Introducing the self-care plan activity.
- Explained each part in the self-care plan on how to use it.
- Ask each person what they think out it.
- Open discussion.