

The importance of self-care

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Self-care has been an increasingly important topic that many individuals have begun to discuss and implement into their daily lives. Self-care can often be overused and misunderstood which is why it is important to discuss the influence of effective self care and ways to implement self-care into our daily lives. Self-care is to help enhance well being among oneself (Drolet & McLennan, 2016). Over the past couple of years more research has been done to help explain what self care is and what self-care is not. The importance of self-care is crucial due to the impact it has on individuals lives.

Many have different ideas of what self-care can look like. In an article published in 2020, self-care was described in two different concepts, one being personal self-care and the other being professional self-care (Miller et.al, 2020). The article had research completed among participants who are social workers in the United States that may engage in self-care practices (Miller et.al, 2020). The results showed group differences in self-care by several variables including geographic locale of participants' primary place of employment, race, educational level, and social work licensing status, among others (Miller et.al, 2020). The study helped discover how self-care is crucial among social workers to prevent burnout in their workplace. The overall theme of the study is a “need for a systemic understanding and holistic approach to self-care” and a “need for a systemic response to improving self-care practices among social workers” (Miller et.al, 2020). The article helped show the need for an understanding of self care for professionals who work in social services.

There was also another article that helped explain the importance of self-care among social workers. In an article published in 2016, the purpose of this article is to help better understand self care in the social work field education (Drolet & McLennan, 2016). Interviews were conducted with participants with faculty liaisons, field instructors, social work and social

services students in Western Canada to help gain insight into the importance of incorporating self-care to students before entering the workforce in the helping profession (Drolet & McLennan, 2016). The article helped explain the importance of self-care for individuals who work in the helping professions.

Another article helped explain the lack of self-care for women who work in the non-profit/non-governmental sector. The article was published in 2020 and interviewed women that work in non profit/ non-governmental organizations in Malaysia (Bandali, 2020). The results helped illustrate the lack of self-care for women and how women's health comes at a cost in certain workplaces (Bandali, 2020). The article helped show how self-care among women in certain workplaces can be very limited.

Research has shown that burnout among the health care professions has been increasing. In a 2021 article, the study sought to elaborate on the organizational influence of burnout and work engagement in mental health (Rollins et. al, 2021) Participants who included mental health clinicians and managers engaged in interviews to help explain common themes where organizational contexts might reduce burnout and increase work engagement: (a) a work culture that prioritizes person-centered care over productivity and other performance metrics, (b) robust management skills and practices to overcome bureaucracy, and (c) opportunities for employee professional development and self-care (Rollins et. al, 2021). The article findings can help provide ways to improve self care and prevent burnout.

Self-care is important while working in the mental health field. The articles had a common theme on utilizing self-care in the workplace. All the articles had an overall theme of how self-care can help prevent burnout in the workplace which is why self-care is important to implement into our daily lives. By preventing burnout and implementing self care, the helping

professions can benefit by having effective and healthy workers. Another theme of the article was how there are differences among self-care in regards to gender. It is crucial to educate and inform what self care is and why it is important to utilize. It is also helpful to implement self-care early on before entering the workforce to help individuals have a better understanding on what self-care is and ways to prevent burnout. The articles were informative to help inform how much more there still needs to be done in regards to self care and to improve our overall well being.

The articles helped create a better understanding on the importance of utilizing self-care in our everyday lives. To utilize self-care effectively, there needs to be an understanding of what self-care is and why it is important to implement. The articles mentioned how to better enhance the overall well being of ourselves and others, we need a system understanding of self-care (Miller et.al, 2020). I am in agreement with the article's point in gaining more of an understanding of self-care. This is the first step to effectively implement self-care into our lives. I plan on gaining more knowledge of what self-care is and what helps personally for me to help create a healthy self care routine. I plan on discovering more of what I enjoy and find relaxing that I can use as part of my self-care. It is important to spend time discovering what self-care looks like for our unique self to enhance our well being whether that be exercising or reading.

Another agreement with the articles is how self-care prevents burnout. In the helping profession, burnout can be a common theme for many workers due to high stress levels that comes from working with individuals who have faced many difficulties in life. I plan on utilizing self-care and establishing healthy boundaries with the workplace. Having healthy self-care can help establish boundaries which can prevent burnout. Burnout can be detrimental to the life of an individual which can create unhealthy boundaries with the workplace. Not having self-care can

increase burnout which is why it is important to know what are warning signs of becoming burnout and when to take time to refocus and self care.

Self-care has been more prevalent in the lives of many individuals who work in the helping professions. Self-care can have many benefits such as preventing burnout. There needs to be more of an understanding of what healthy self-care is and the influence self-care can have.

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