

Social and Workforce Development: Methods to Increase Self-Care to Reduce Burnout Among Critically Important Social Work and Education Professionals

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Abstract:

Climate change has impact that are far reaching and contribute to increased disasters and the subsequent chronic stressors. As the number and magnitude of climate related disasters increase, so does the burden on communities in constant recovery mode. Subsequently we are faced with an international crisis of many professionals and industries impacted by burnout. Globally professionals in social work and education are often called upon for community recovery efforts in addition to the critical work they perform daily. Individuals in the service and helping professions are at particular risk for compassion fatigue and decreased overall wellbeing. By highlighting risk, we emphasize and offer a plan for the health, mental health, and protection of these professionals that include compassion fatigue resiliency training. Telehealth and artificial intelligence may be cost effective ways to support mental health, through prompts and awareness of self-care activities. Normalizing stress and access to low intensity mental health supports will also improve wellbeing and overall quality of life that extends beyond the workplace. Expanding the capacity of wearable artificial intelligence and other interventions to combat stress and burnout is important for all professionals, especially those dedicated to social development.