



# **Social Work Under Pressure: How to Overcome Stress, Fatigue and Burnout in the Workplace**

*Kate van Heugten*

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Stress, fatigue and burnout are serious problems in the social work profession. High case loads, staff shortages, budget cuts and the challenging nature of the job contribute to high levels of stress, and social workers can crack under the pressure.

This accessible book demonstrates how managers and practitioners can overcome workplace distress, fatigue and burnout by understanding the causes and implementing practical strategies. Part 1 outlines how stress, fatigue, burnout and trauma can be identified, how they impact upon social workers, and what strategies can help. Part 2 explores stress in particular settings, covering frontline practice, working with trauma, working with aggressive service users, bullying and violence in the workplace, and making mistakes. The book is rooted in the reality of everyday social work, incorporating the views and experiences of practising social workers.

This book is full of techniques and tips that will be invaluable to all social work managers and practitioners seeking to beat workplace stress overload and burnout.



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