



# Managing stress in social work



## Pinpoint Your Stress

Identify and understand which aspect of your task that is causing you to feel pressured, this will help you better identify your stressors.



## Identify Your Triggers

Recognising what turns a good day into a bad is crucial to building a great stress management strategy and will help you train yourself to cope with the unavoidable.

## Reach Out for Support



It is important to have someone that you trust to listen and support you. On top of that, you could carry out research on how to see the signs of stress and things you can do to help yourself.

## Find Your Off Button



Switching off is incredibly important when aiming for a better work-life balance. Find what works for you whether it be meditation, exercise or watching TV, a de-stress technique is a must have for combating work stress.