SOWK 6XX: Promoting and Enhancing Well-being through Self-Care

Instructor: Monique B. Mitchell, PhD, CT  
Meeting: TBD  
Time: TBD  
Location: TBD  
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Office Hours: By appointment

I. INTRODUCTION

Professional self-care is an important and necessary component to becoming an effective practitioner. Social work, in particular, identifies self-care as a core component to social work practice. Attending to self-care and well-being reflects a choice and a commitment, and are necessary to maintaining one’s effectiveness as a social worker. Scholars advise that in order to avoid or minimize poor well-being outcomes for practitioners, such as burn out, secondary trauma, or even vicarious trauma, practitioners should be equipped with the necessary self-care tools and strategies. Additionally, actively preparing social workers and other practitioners with the knowledge and skills for overcoming these experiences is key to effective and safe work with clients. Ultimately by investing in professional self-care, social workers learn how to enhance their own lives and the lives of their clients.

This course targets undergraduate and graduate level students who will work within high stress environments, particularly in settings that serve vulnerable populations. These environments can often lead to emotional exhaustion, fatigue, burnout and other stress related challenges. This course begins with educating students about different frameworks for understanding well-being and self-care. Next, students will be required to assess their own level of self-care and then will experience weekly labs (which may be physical in nature) that expose them to ways they may manage and control stress, ultimately to promote and enhance well-being through self-care. This course concludes with the development of a personalized self-care plan.

II. COURSE STRUCTURE AND READINGS

The class format requires students to read materials ahead of time and to practice self-care techniques during class. An overview of information will be discussed the first hour of class, and the remaining time will be spent practicing self-care techniques as identified in the weekly calendar.

Week 1

1 Developed by Dr. Monique B. Mitchell, Dr. Huong Nguyen, Dr. Melissa Reitmeier, and Dr. Aidyn Iachini.
**Week 2**


**Week 3**

**Week 4**

**Week 5**


**Week 6**

**Week 7**


**Week 8**


chronic disease A systematic review and meta-analysis of mindfulness-based randomized controlled trials relevant to lifestyle medicine. *American Journal of Lifestyle Medicine*, 9(3), 185-211.

**Week 9**


**Week 10**


**Week 11**


**Week 12**

**Week 13**


### III. Course Evaluation

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<tr>
<th>Self-Care Assessment</th>
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<tr>
<td>Self-Care Journal</td>
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<td>Self-Care Plan</td>
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