

# Social work



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Social Work Social Work Experience of Stress Social work brings forth a lot of interaction with diverse individuals in the community. Most of these individuals face a lot of challenges that they feel they need to share and seek for solutions and assistance where necessary. After offering counselling to individuals in the society after listening to their challenges, I was more and more attached each day. This created the need to increase the amount of time I spent with the community. It became evident that the more the time I spent with the community, the more the benefits trickled to the society.

This trend with time increased to a level where even after leaving work, I still found myself thinking about the encounters in the society. My discussion topics slowly by slowly changed and all my talk began to be around the issues that the society encounters. The quest to serve brought a lot of detachment from friends and family. At times I encountered very moving issues that I kept thinking about till late in the night, losing sleep in the process. As a result, the level of productivity began to dwindle. This was enough evidence of leading a stressed life.

To counter this, I found it necessary to separate personal life from work related issues. This was made possible by adhering to work schedule and exiting work when time was up. At first it felt like I was neglecting some needy members of the society but with time I adjusted. Creating time for family and friends also helped to separate work from personal life and increase productivity. According to Kossek & Lautsch (2008), creating a proper work-life balance increases the overall productivity of workers.

### Relationships

Having many friends is always something that many people want and crave

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for. Having that one friend who you can rely on at all times is even more important. As a social worker in a relationship, I have always had someone with whom I can share challenging issues. This has been an added advantage and a way to prevent accumulation of stress. According to Merelo Guervós (2002), sharing disturbing issues with someone who is ready to listen prevents the possibility of the issues to be stressful. Sharing problems is to some extent a way of solving problems. This relationship has aided the performance at work, since it helps to develop a feeling that there is someone who trusts in you and one who can always be there to help whenever faced with challenges.

As much as having many friends has a lot of benefits, it also has its negative implications. This is especially where some friends are out to take advantage of the friendship to benefit themselves at someone's expense. With the large number of close friends, it has been hard for me to pay special attention to all in equal measures. This has created a gap between us. The friends have always made their presence felt when they are facing challenges and all other times they are unavailable. Many others only appear when they are in need of financial assistance. They borrow some cash and promise to repay it but as soon as they get the money, they cease to communicate and end the friendship. All this has made me to understand the importance of quality relationships rather than enjoying friendship with many individuals, yet it has limited value. I have also understood myself to have a heart of helping the society at large and the needy.

#### Reference List

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