

Managing Compassion Fatigue

or

Put Your Oxygen Mask On First



A serene sunset scene over a calm ocean. The sun is a bright, glowing orb on the horizon, casting a warm orange and yellow light across the sky and reflecting on the water. The sky transitions from a deep blue at the top to a lighter blue near the horizon. A few wispy clouds are scattered across the sky. In the distance, a dark silhouette of a building or structure is visible on the horizon line. The overall mood is peaceful and contemplative.

Guilt can stop us from taking healthy care of ourselves.

-Melody Beattie

Compassion Fatigue. What is it and isn't.

If I look at the mass, I will never act. If I look at one, I will.
-Mother Theresa

Who does it affect?

Cognitive

- Apathy
- Rigidity
- Confusion
- Perfectionism
- Trauma-imagery
- Self-doubt
- Spaciness

Emotional

- Powerlessness
- Survivor guilt
- Fear
- Sadness
- Numbness
- Shutdown
- Anger

Behavioral

- Nightmares
- Appetite changes
- Substance abuse
- Poor sleep
- Impatience
- Withdrawn
- Change reluctance

Spiritual

- Loss of purpose
- Anger at God
- Ennui
- Pervasive hopelessness
- Questioning beliefs

Interpersonal

- Envy
- Isolation
- Mistrust of friends
- Less intimacy
- Intolerance
- Impact on parenting

Physical

- Dizziness
- Aches and pains
- Impaired immune system
- Digestion issues
- Sweating

The more you know yourself, the more patience
you have for what you see in others.

-Erik Erikson

Briefly share an experience of burnout/CF

How to Treat CF:

Step 1:

Step 2:

Step 3:



How to Treat CF:

Step 1: Recognize it

Step 2:

Step 3:



How to Treat CF:

Step 1: Recognize it

Step 2: Accept it

Step 3:



How to Treat CF:

Step 1: Recognize it

Step 2: Accept it

Step 3: Care for it


How to Treat CF:

Step 1: Recognize it

Step 2: Accept it

Step 3: Care for it

You two-thirds done!



The best preparation for good work
tomorrow is to do good work today.
-Elbert Hubbard

What's the deal with Self-Care?

Compassion for others begins with kindness to ourselves.
-Pema Chödrön

A detailed landscape painting of a mountain valley. In the foreground, a grassy slope leads down to a body of water, with several cows grazing. The middle ground features a calm lake reflecting the surrounding mountains and trees. The background is dominated by large, rugged mountains under a clear sky. The overall scene is peaceful and scenic.

Self-Compassion Promotes Self-Care

Cell phone break (5min)

Never succumb to the temptation of bitterness.

-Martin Luther King, Jr.

Your mind will answer most questions if you learn to relax and wait for the answer.

-William S. Burroughs

Long Term Strategies

Self-Compassion is not:

- Self-Pity (isolating)
- Self-Esteem (judging)
- Self-Indulgence (regretting/rebellion)
- Self-Criticism (pride denial)






CHRONIC
THE PERILS OF [^] OVERTHINKING

Gemma CORRELL '15


Self-Compassion recipe:

- Self-Kindness : Be good to yourself
- Sense of Common Humanity : You're not alone
- Mindfulness : Be here now



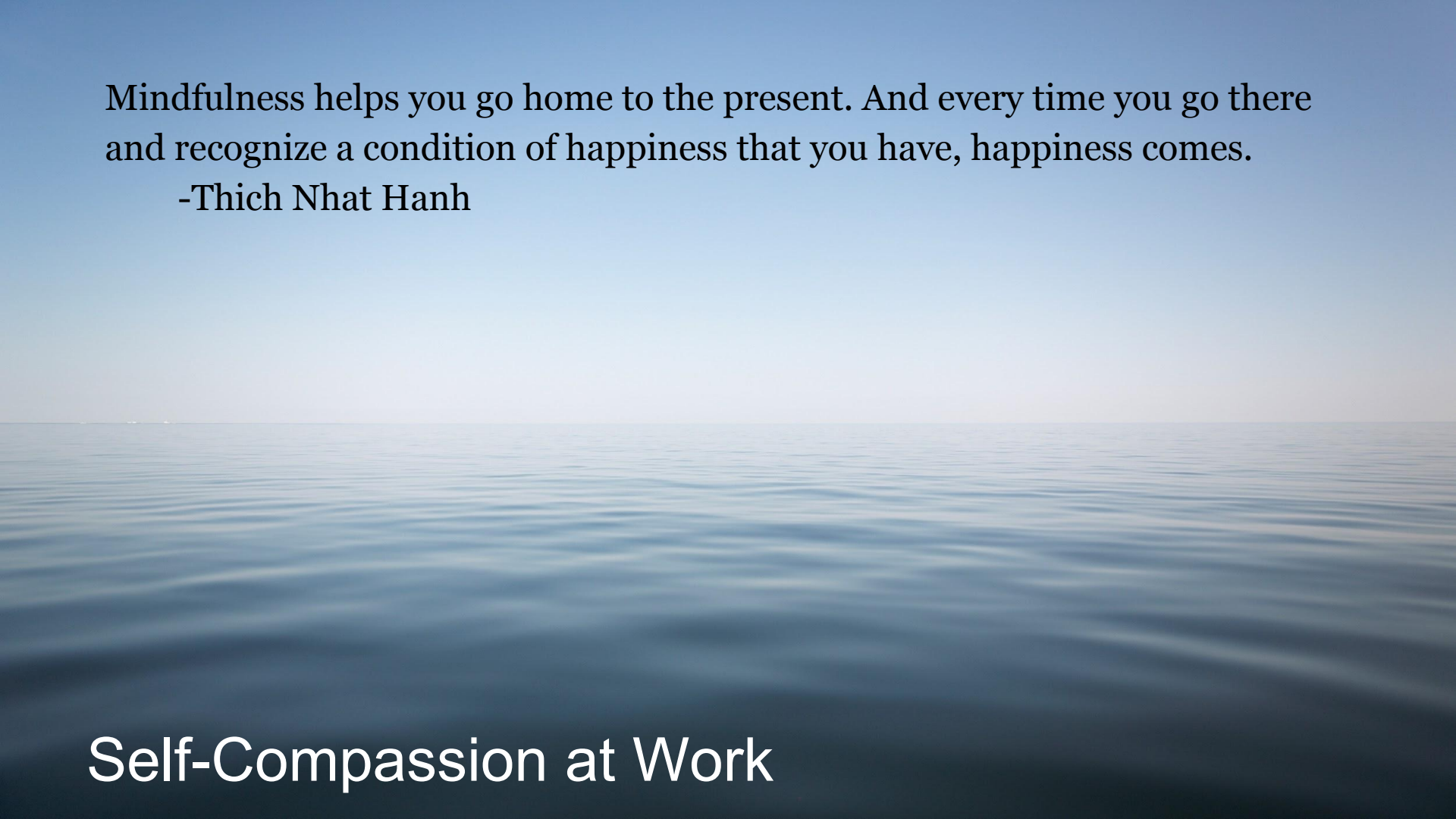
The time is always right to do what is right.
-Martin Luther King, Jr.

Self-Compassion Opportunities



After a storm comes a calm.
-Matthew Henry

Sending Goodwill to Others



Mindfulness helps you go home to the present. And every time you go there and recognize a condition of happiness that you have, happiness comes.

-Thich Nhat Hanh

Self-Compassion at Work

Everyone has been made for some particular work, and
the desire for that work has been put in every heart.

-Rumi

How to Not Work So Much

Go

The

F*ck

Home

Who ya gonna call?
-Ghostbusters

Next Steps and Other Resources

HOW TO GET OUT OF BED

IN FOUR EASY STEPS!



① DON'T HIT
SNOOZE...

② HEY! WE SAID
DON'T HIT SNOOZE.



③ SERIOUSLY,
STOP IT.



④ IF ALL ELSE FAILS,
GET A CAT.

Gemma Correll

Sleep is the best meditation.

-HH Dalai Lama

If all else fails, celebrate getting out of bed

Online:

Kristin Neff's Self-Compassion site:
(practices and research)
self-compassion.org

Do Nothing for 2 Minutes
(app and site)
donothingfor2minutes.com

Books:

“Man's Search for Meaning”
by Viktor E. Frankl

“When Things Fall Apart”
by Pema Chödrön

“The Mindful Path to Self-Compassion”
by Christopher Germer

Far and away the best prize that life has to offer is the chance
to work hard at work worth doing.

-Theodore Roosevelt

- What will you take home from today?
- How were you kind to yourself?
- What if you chose to do nothing?

Nothing will work unless you do.
-Maya Angelou