

Life with a Full Plate: *Recognizing and Overcoming Compassion Fatigue*

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Ice Breaker

If you could only pick ONE word to describe yourself, what would it be?

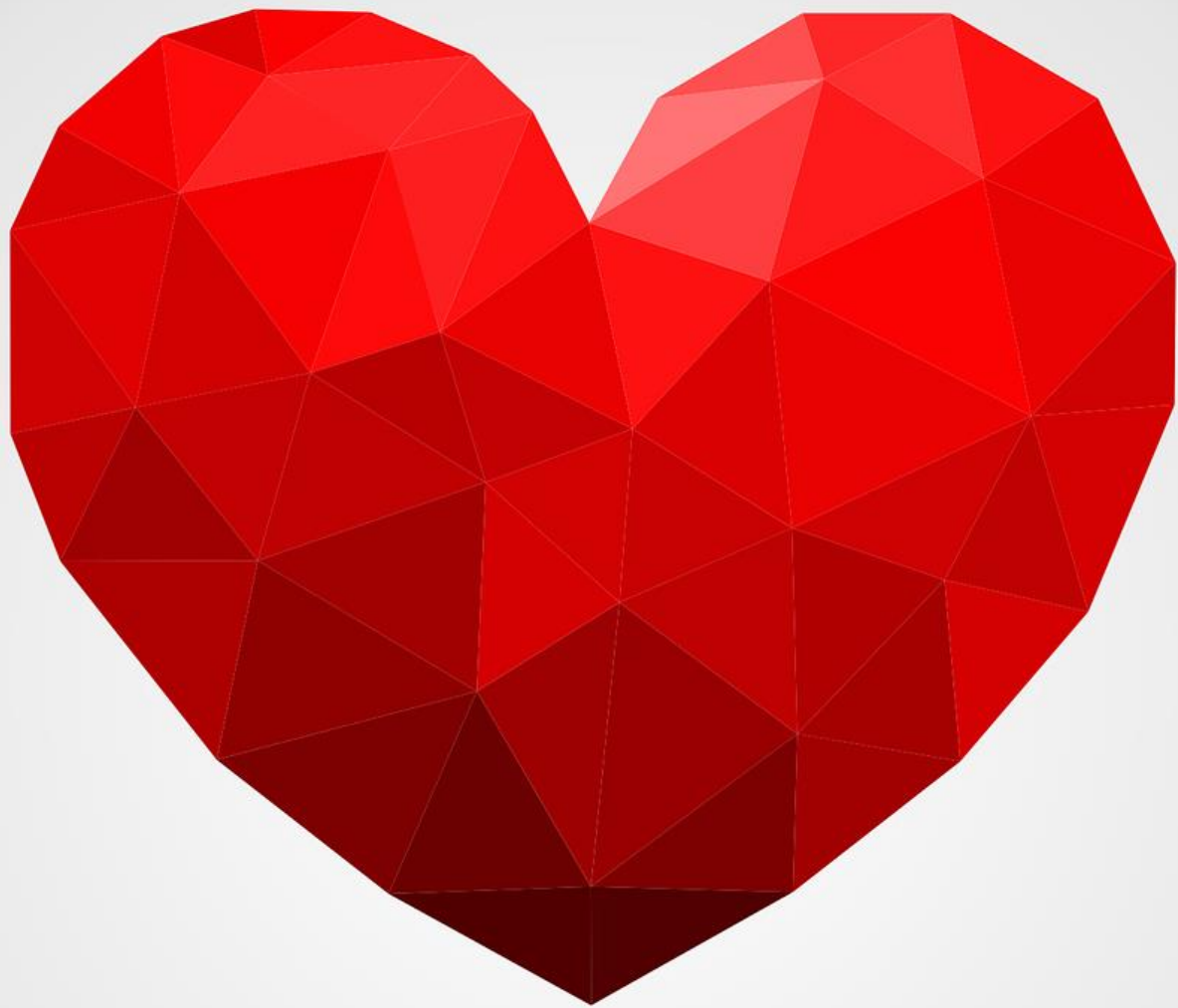


Ice Breaker

Welcoming, Inviting, Engaged, Patient, Observant, Inviting, Calm, Patient, Inviting, Appreciative, Compassionate, Allowing, understanding, Caring, Attentive, Friendly, Calm, Calm, Peaceful, Appreciative, Delighted, Engaged, Allowing, Caring, Receptive, Curious, Affectionate, Attentive, Grateful, Welcoming, Engaged, Caring, Patient, Friendly, Calm, Grateful, Welcoming, Accepting, Friendly, Calm, Grateful, Empathetic, Welcoming, Calm, Grateful, Welcoming, Accepting, Accepting, Receptive, Grounded, Observant, Curious, Empathetic, Encouraging, Observant, Inviting, Patient, Peaceful, Attentive, Curious, Calm, Inviting, Engaged, Welcoming, Caring, Understanding, Curious, Inviting, Friendly, Calm, Patient, Peaceful, Attentive.

Thank you for sharing!









Our Objectives

- Define compassion fatigue
- Recognize signs and symptoms of compassion fatigue
- Identify ways to create balance and improve resilience to compassion fatigue



Raise Your
Hand If...

You Have Heard
of Compassion
Fatigue Before





What Is Compassion?

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What Is Compassion Fatigue?



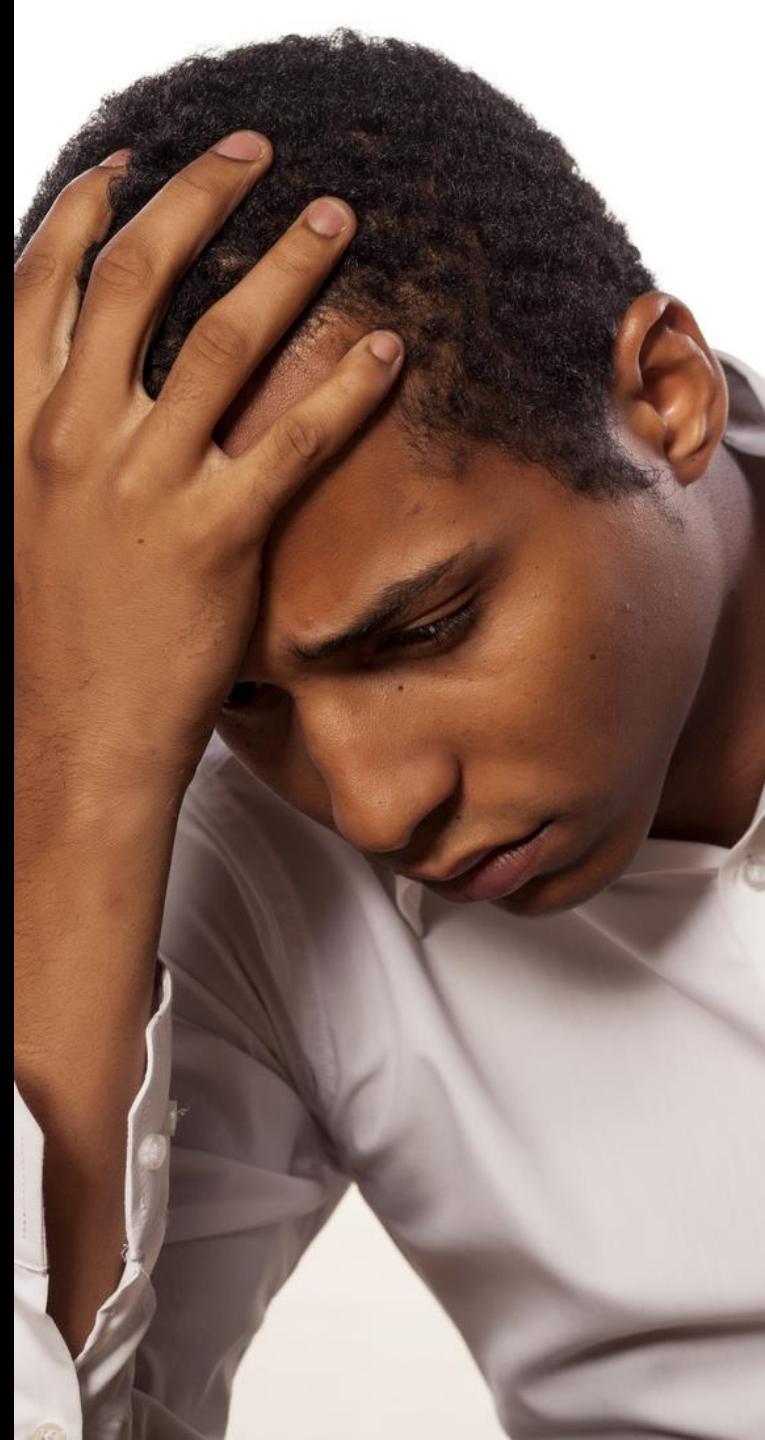
What Causes Compassion Fatigue?

SYMPTOMS



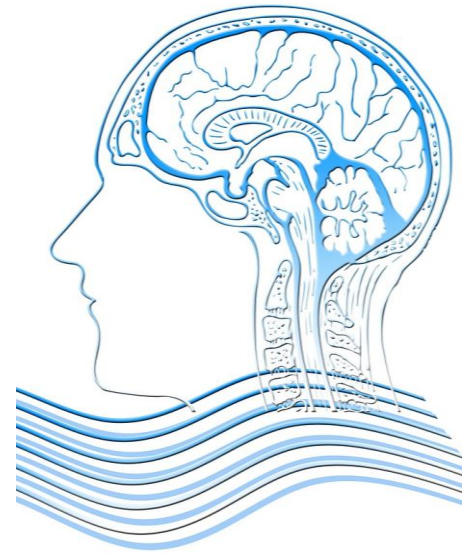
Physical Symptoms

- Chronic exhaustion (emotional, physical, or both)
- Experiencing illness, aches, and pains
- Having problems sleeping



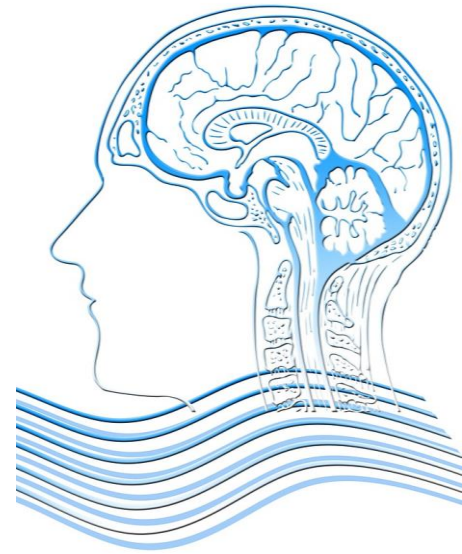
Cognitive Symptoms

- Decreased feelings of sympathy or empathy
- Difficulty concentrating, focusing, or making decisions
- Dreading working for or taking care of another and feeling guilty as a result
- Apathy, sad, depressed, or no longer finding joy in activities normally bring joy
- Diminished sense of career fulfillment



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- **Cynicism**



Behavioral Symptoms

- Poor self-care
- Difficulty separating personal and professional life
- Anger and irritability; excessive blaming
- Exaggerated sense of responsibility
- Isolation from others



Other Signs of Compassion Fatigue

- Regularly waking up tired in the morning and struggling to get to work
- Feeling as if you are working harder but accomplishing less
- Becoming frustrated or irritated easily
- Losing compassion for some people while becoming over involved in others
- Routinely feeling bored or disgusted





Are compassion
fatigue and burnout
the same thing?

Balancing Our Emotional Needs



Ways to Help Prevent Compassion Fatigue



Reducing stressful workloads



Monitoring sleep patterns



Taking regular vacations



Meditation



Journaling



Seeking personal therapy



Regular exercise

Let's Chat!

What is something someone can do to practice self-care?

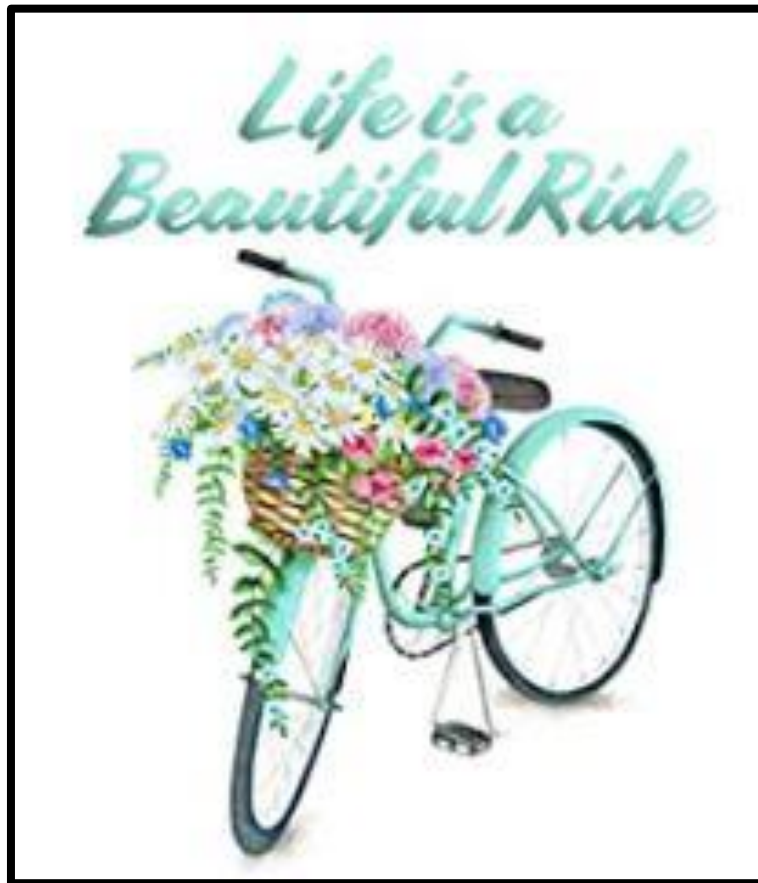


Add Activities That Bring You Joy



- Schedule Activities that Bring You Joy
- Allow yourself mini-escapes or diversions when able

Challenge Negativity



- Find Meaning
- Challenge Intrusive Thoughts
- Find and Practice Gratitude



Building Resiliency from Compassion Fatigue



Recognition is Key

Connect





Healthy Sleep

Plan a Vacation



Meditate





MAKE


THIS DAY

GREAT!

FINAL

THOUGHTS





*Taking care of yourself
doesn't mean me first,
it means me too.*

-L.R. Knost

Looking for More Resources?

National Suicide Prevention Phone Number	Crisis Text Line (741741)
988	CDC.gov

Thank You!

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