Transforming Compassion Fatigue to Compassion Satisfaction

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What has the most impact on how effective we are in our work?

Quality of our relationships with the people we work with.
Why is self care important?

- We cannot do this work effectively without the intentional use of ourselves.
- We cannot intentionally use ourselves if we are not keenly self-aware of our mind, body and spirit alignment.
Compassion Fatigue

- This occurs over time by experiencing indifference to those who are suffering.

- What are the red flags you have seen when someone is experiencing compassion fatigue?
Secondary Trauma

- This is stress experienced after hearing firsthand of someone else’s traumatic experiences. Those experiencing secondary trauma may begin to have symptoms related to trauma and/or PTSD.

- Signs someone might be experiencing secondary trauma?
Burnout

- A break down of psychological defenses to cope with job related stress. This is usually associated with the lack of supports provided by employers.

- Signs of burnout?
Self care is so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.

- Eleanor Brown
everything you need is already within you.
"Life should be touched, not strangled. You've got to relax, let it happen at times, and at others move forward with it." - Ray Bradbury
Effective health care depends on self-care; this fact is currently heralded as if it were a discovery...
In dealing with those who are undergoing great suffering, if you feel "burnout" setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself. The point is to have a long-term perspective.

— Dalai Lama —
Sometimes the most important thing in a whole day is the rest we take between two deep breaths.

— Etty Hillesum

TooMuchonHerPlate.com
"Self-care is never a selfish act – it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others."

– Parker Palmer
“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment”
– Ralph Waldo Emerson
Self-care is not selfish. You cannot serve from an empty vessel.
Smile, breathe and go slowly.

Thich Nhat Hanh

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Breathing/Mindfulness Exercises

- Three-part breath
- Breath counts
- Alternate Nostril Breathing Technique
- Body scan guided meditation
- Guided imagery meditation
Cognitive/Values Awareness

- Write down on a sticky one thought or value that is a barrier to your work
- On another sticky write down one thought or new value that will help you feel more compassion towards yourself and others.
- On another sticky write yourself a permission slip to do something you have been wanting to do for yourself, but have not yet done to take care of yourself.
- Headspace.com
- Calm.com
- Theminfulnessapp.com