



Transforming Compassion Fatigue to Compassion Satisfaction

OEO Conference on Poverty
April 4, 2018

Renee Weeks, MA, LCMHC, LADC, RYT200



Quality of our relationships with the people we work with.

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

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.

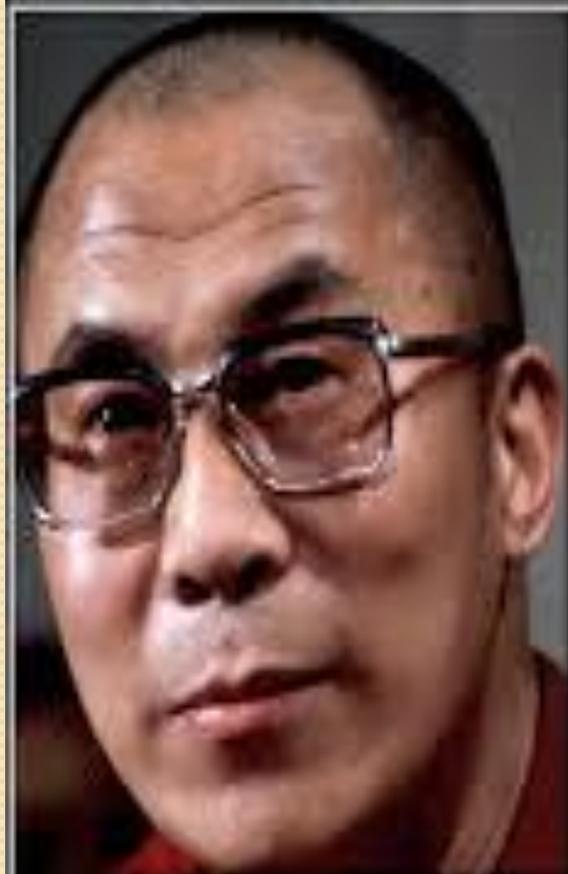
- Eleanor Brown

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

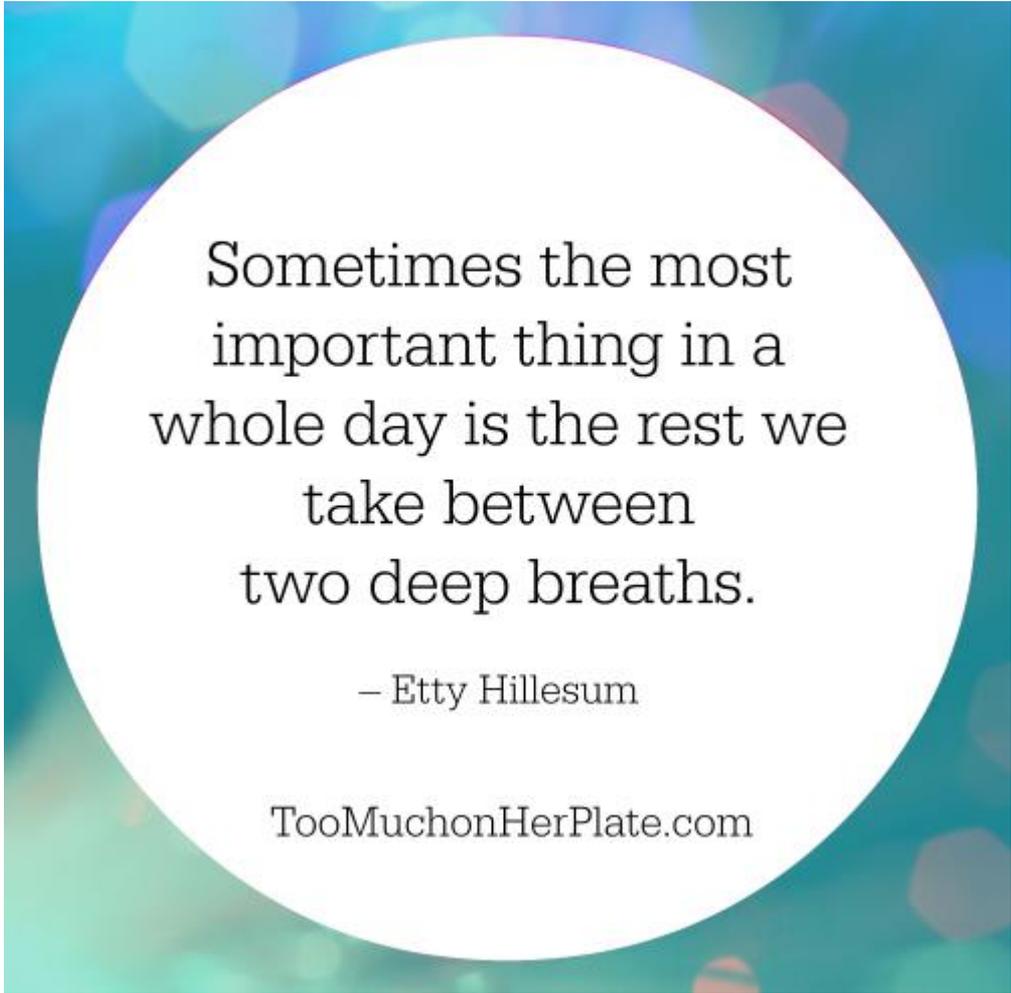
**Effective health care
depends on self-care;
this fact is currently
heralded as if it were a
discovery . . .**



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* —

AZ QUOTES



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

– Etty Hillesum

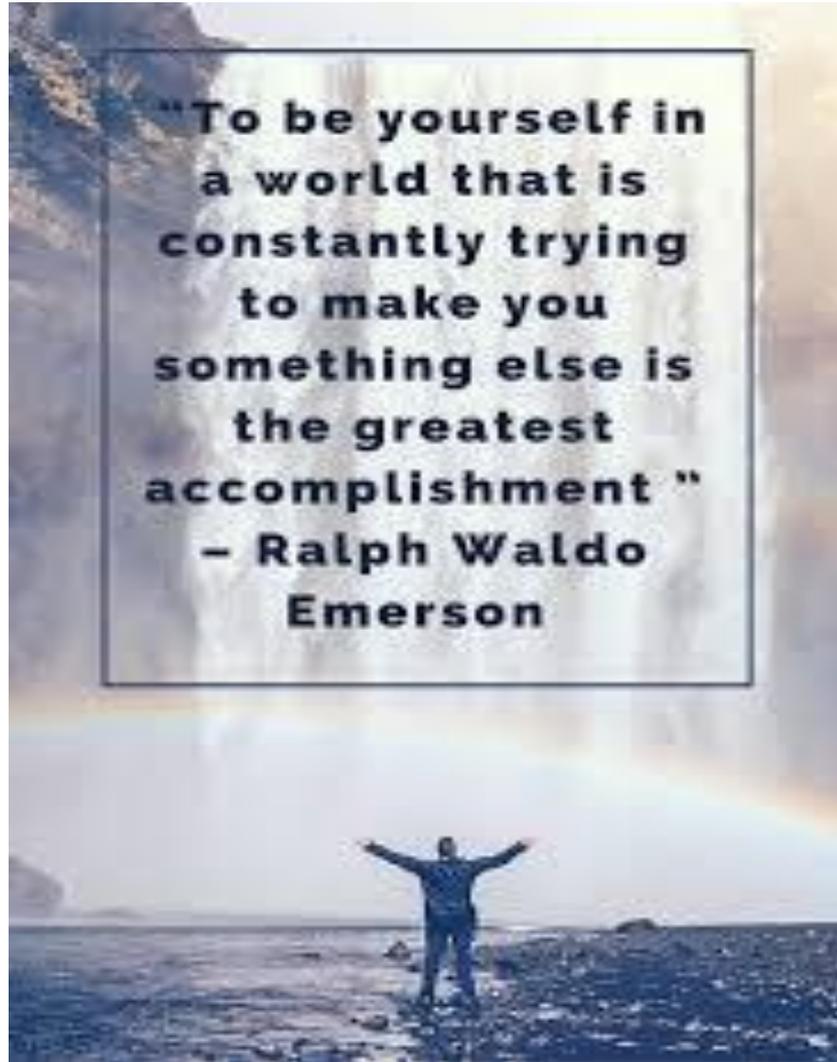
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"Self-care is never a selfish act – it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others."

- 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.



THE AWESOME QUOTES



*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](https://www.headspace.com)
- [Calm.com](https://www.calm.com)
- [Themindfulnessapp.com](https://www.theminfulnessapp.com)