#### **Compassion Fatigue**

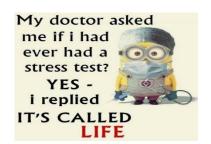
Extreme physical and emotional exhaustion that comes on suddenly and results in a lack of ability to feel and show compassion to and for populations being served. It is not the same as burnout. Burn out doesn't involve trauma.



**Reflection:** *Compassion Fatigue Survey* – what might your results suggest? Note any thought or feelings in the box below.

#### Stress

The feeling experienced when a person perceives that demands exceed resources.



Reflect and note your internal and external resources.

Internal Resources	External Resources



# **Distress Indicators**

Distress reactions are normal. They are very common in helping professions, especially if we have our own trauma histories. Identifying our own red flags and creating a selfcare plan can help. If a regular self-care plan is not enough, it may be a sign that you need help from a professional.

Emotional Distress Indicators	Personal Distress Indicators
Anger	Isolation
Sadness	Cynicism
Depression	Perfectionism
Anxiety	Mood swings
Prolonged grief	Irritability
Physical Distress Indicators	Work Distress Indicators
Headaches	Avoidance (of tasks, peers, supervisors)
Stomachaches	Missed appointments
Fatigue	Not returning phone calls, emails
Sleep problems	Tardiness, absenteeism
Over/under eating	Lack of motivation
Substance abuse	

Distress Indicators	Steps to Alleviate Your Distress
What are your <mark>Emotional</mark> Distress Indicators?	How can you alleviate your Emotional Distress?
What are your <mark>Personal</mark> Distress Indicators?	How can you alleviate your Personal Distress?

What are your <mark>Physical</mark> Distress Indicators?	How can you alleviate your Physical Distress?
What are your <mark>Work</mark> Distress Indicators?	How can you alleviate your Work Distress?

#### Self-Care - Personal Tips



You cannot *drink* from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

- Expose yourself to, and consciously be aware of, healthy relationships
- Practice selfishness
- Give yourself time to shut down / shift gears at the end of your work day (go for a walk, listen to relaxing music or a motivational speaker on your way home etc.
- Externalize your feelings, emotions, experiences...what is shareable becomes more bearable!
- Prioritize be aware of what is most important to you in your life and focus on it! Create your vision, be aware of your needs, dreams, goals, and priorities... authenticity and self-care are vital to a healthy and balanced lifestyle.

#### Self-Care at Work

- Focus on positives and gains no matter how small
- Collaborate and engage available supports
- Rotate roles when possible (public education, policy work, networking, committee work etc.)

Self-Care is a priority and necessity - not a luxury in the work that we do.

- Limit the number of trauma clients seen daily (or at least try to balance the severity)
- Take real breaks (away from your desk, vehicle, working space)
- Access supervision, debrief with colleagues, engage in therapy



- Have each other's backs
- Trust
- Community meeting before staff meetings
- Non-judgmental
- Empathy

MY SELF-CARE PLAN PRINT & FILL IN
I'm feeling
I PLAN TO TAKE CARE OF ME BY
EMOTIONAL
PHYSICAL
PSYCHOLOGICAL
SPIRITUAL

## Personal Self-Care

What I Will Do More Of	What I Will Do Less Of
What I Might Start Doing Is	What I Might Try Is

# Self-Care & <u>Support at Work</u>

What I think I do well	What I think I could improve
What I think we do well	What I think we could improve

## Habit Tracker

HABIT TRACKER													1	/		•											
Name: Monthly Concentrations:										•			$\langle \rangle$	$\sim$	4	0]	V	V		ļ	] ?]						
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Exercise																											
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Floss																											
Wash Face																											
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Healthy Snacks																											
Yoga																											
Straighten Desk																											
Clean Out Car																											
Prep for AM																											
Next Day Plan																											
Journal																											
One Nice Thing																											
Connect																											
Meditate					_	_																				$\vdash$	
Anxiety level	2	1	2	1		3																					
Pain Level	1	1	1	3		2	1	1	1	1																	

# **Plumas Rural Services**

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