

Compassion Fatigue and Compassion Satisfaction



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AND ENVIRONMENTAL SCIENCES

TODAY'S OBJECTIVES

- Define burn out, compassion fatigue and compassion satisfaction
- Review researched recommendations
- Practice a few short exercises
- Set a personal intention related to compassion satisfaction

MINIMIZE COMPASSION FATIGUE AND INCREASE COMPASSION SATISFACTION

Name Good and Bad



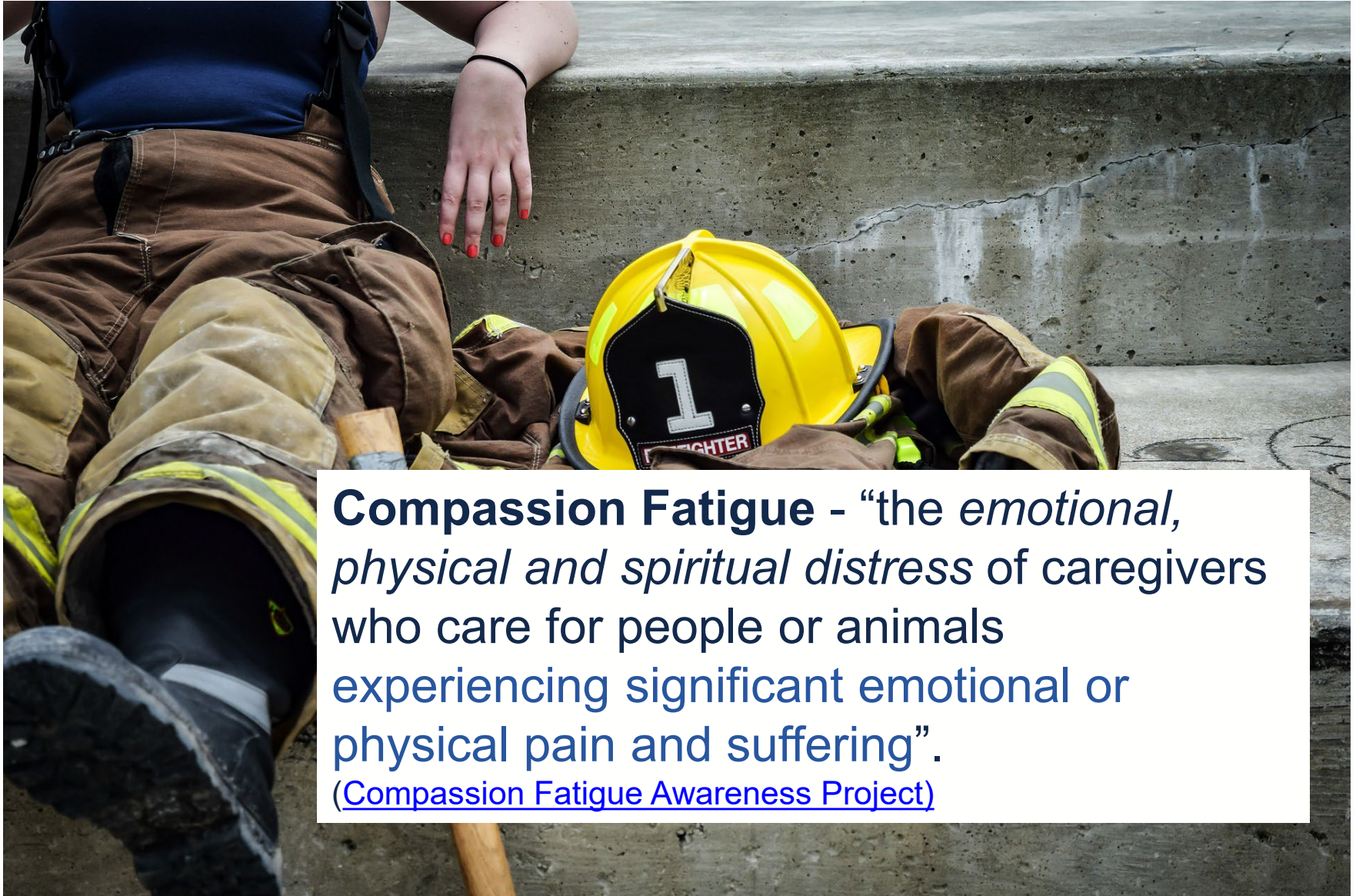
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DEFINE

- **Burn Out** - “a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity”.
([Mayo Clinic](#)) This might be from a heavy workload, a stressful environment, excessive hours and/or lack of resources, support or work satisfaction.
- **Compassion Fatigue** - “the *emotional, physical and spiritual distress* of caregivers who care for people or animals experiencing significant emotional or physical pain and suffering”.
([Compassion Fatigue Awareness Project](#))



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WHEN I SAY “HAVE YOU CONSIDERED SEEING
A THERAPIST?” I’M NOT SAYING “YOU’RE SO
MESSED UP ONLY A PROFESSIONAL CAN
HELP YOU.”

WHAT I’M SAYING IS: HAVE YOU CONSIDERED
THAT YOU’RE WORTHY OF AN UNBIASED,
SAFE, AND PRODUCTIVE OPPORTUNITY TO
PROCESS YOUR EXPERIENCES?

@MEGANESHOOK

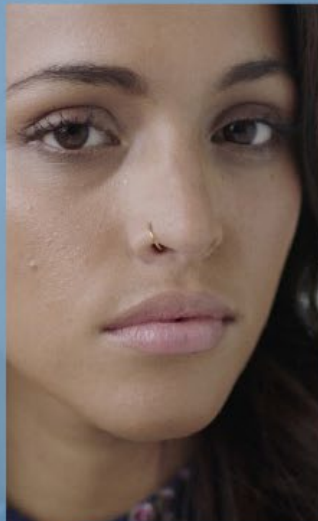
NAMI GREATER TOLEDO

<https://namitoledo.org/>

Provides support,
education and
advocacy for
individuals and family
members living with
mental health
challenges.



Mental Wellness



It's OK if you
struggle with
mental and
emotional
health.

And, it's OK
to ask for help.

Ohio's CareLine is available 24/7 and is staffed
with licensed behavioral health professionals.

1-800-720-9616



Ohio | Department
of Health

SAMHSA's National Helpline, 1-800-662-HELP (4357)

DEFINE

Compassion Satisfaction
the sense of **fulfillment or pleasure** you feel for your work and “it can be a source of **hope, strength, and ultimately resilience**”.

[SAMHSA](#) (Substance Abuse and Mental Health Services Administration)



**Summer volunteer (teacher)
working with youth gardens**

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ACKNOWLEDGE THE GOOD AND BAD



ACCEPTANCE IS NOT THE SAME AS APPROVAL

“I can acknowledge that a situation is wrong or unfair; I can say that I don’t approve of it, that it needs to change and that I’ll change it if I can. But if I recognize that the situation is beyond my ability to change, at least for now, the healthy response is to let it go” – Dr. Piso.

<https://www.reviewofophthalmology.com/article/10-ways-to-survive-what-you-cant-control>

FOCUS ON WHAT YOU CAN CONTROL



From Brandy, The Counseling Teacher for educational purposes
<https://www.teacherspayteachers.com/>

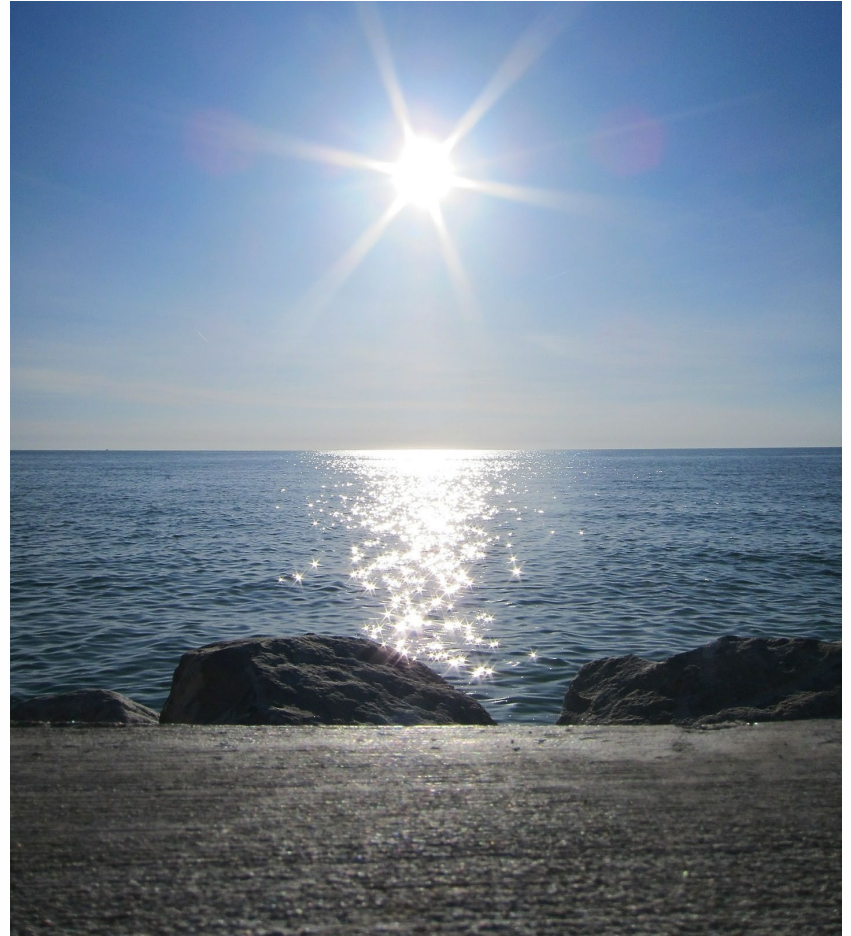
ROSE, THORN, BUD ACTIVITY



PRACTICE MINDFULNESS

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”

~Jon Kabat-Zinn



THROUGHOUT LIFE THERE WILL BE CHALLENGES AND JOYS

Mindfulness practice offers a space that is **beneficial** for both the moments of **pain and frustration** as well as the moments of **excitement and enjoyment**.



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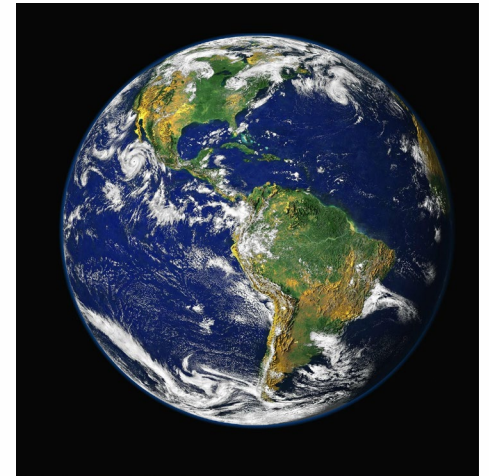
- Center in this moment (on purpose and non-judgmentally)
- 5 deep breaths
- 3 things you are thankful for
- 1 act of kindness you've experienced or witnessed

PRACTICE SELF CARE

Definition by World Health Organization:

“the ability of **individuals, families and communities** to **promote health**, **prevent disease**, **maintain health**, and to **cope with illness and disability** with or without the support of a healthcare provider.”

www.who.int



SELF CARE REQUIRES

- Clarifying and committing to an overarching **value of self-care**
- Committing to act congruently with **personal and professional values across many domains** of living
- Practicing **self-compassion** in the process

(Fiebig et al, 2020)

SELF CARE TIPS

- Do not worry about advertising and marketing
- Ask for help – and be specific
- You are valued – as an individual, part of a family and a community (definition from World Health Organization)
 - Promote and maintain health, Prevent disease, Cope with illness or disability
- Self-Care can be as basic as enough sleep, exercise and healthy foods



CAREGIVERS BILL OF RIGHTS

- **To take care of myself.** This is not an act of selfishness. It will give me the capacity to take better care of my relative.
- **To seek help from others** even though my relative may object. I recognize the limits of my own endurance and strength.
- **To maintain facets of my own life** that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things for myself.
- To get angry, be depressed, and **express other difficult feelings** occasionally.
- To **reject any attempt** by my relative (either conscious or unconscious) **to manipulate me** through guilt, anger, or depression.
- **To receive consideration, affection, forgiveness, and acceptance** for what I do for my loved one for as long as I offer these qualities in return.
- **To take pride in what I am accomplishing and to applaud the courage** it has sometimes taken to meet the needs of my relative.
- To **protect my individuality** and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.
- To **expect and demand that as new strides are made in finding resources** to aid physically and mentally impaired older persons in our country, similar strides will be made toward aiding and supporting caregivers.
- To _____ (**Add you own statement of rights to this list. Read the list to yourself every day.**)

By Jo Horne, author of Caregiving: Helping an Aging Loved One

Family Caregiver Alliance <https://www.caregiver.org/resource/caregivers-bill-rights/>

BUILD A SUPPORT SYSTEM

Taking care is one way to
show your love. Another
way is letting people take
good care of you when
you need it.

MISTER ROGERS

SUGGESTINGS FOR FINDING AND BUILDING A SUPPORT SYSTEM

Tips from the American Psychological Association

- Reach out to family and friends
- Use technology
- Connect with people who share your interests
- Look for peer support groups
- Ask for help



- Everyone's support system will look different. It takes time to build.
- Suggestions, not "should do" or "have to do" ... not another item on a long list
- Small, doable doses! "there is no act of self-care that does not contribute to well being" (Coyne, Gould, Grimaldi, Wilson, Baffuto, and Biglan, 2020, p6)

WHAT'S YOUR GOAL TO INCREASE COMPASSION SATISFACTION?

Name Good and Bad



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Name Good and Bad

**Support
System**

**Focus on
what you
can control**

Self Care

Mindfulness



go.osu.edu/compassion