

# Compassion Fatigue and Compassion Satisfaction



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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
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

# FAMILY AND CONSUMER SCIENCES (FCS)

## Family Science Is...



Relationship-  
Focused



Evidence-  
Based



Strengths-  
Oriented



Preventive

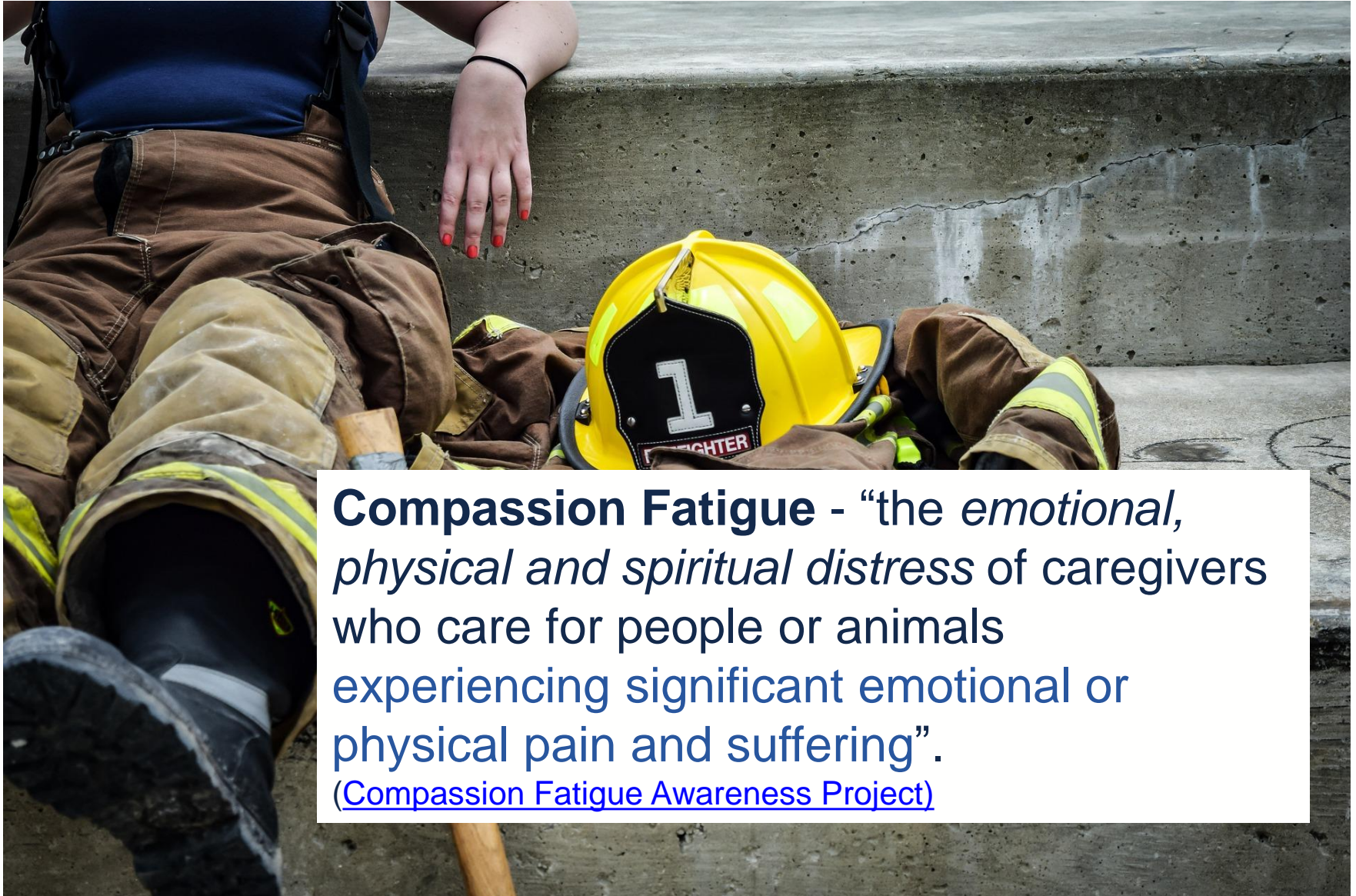


Translational

<https://www.ncfr.org/about/what-family-science>

## 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](#))

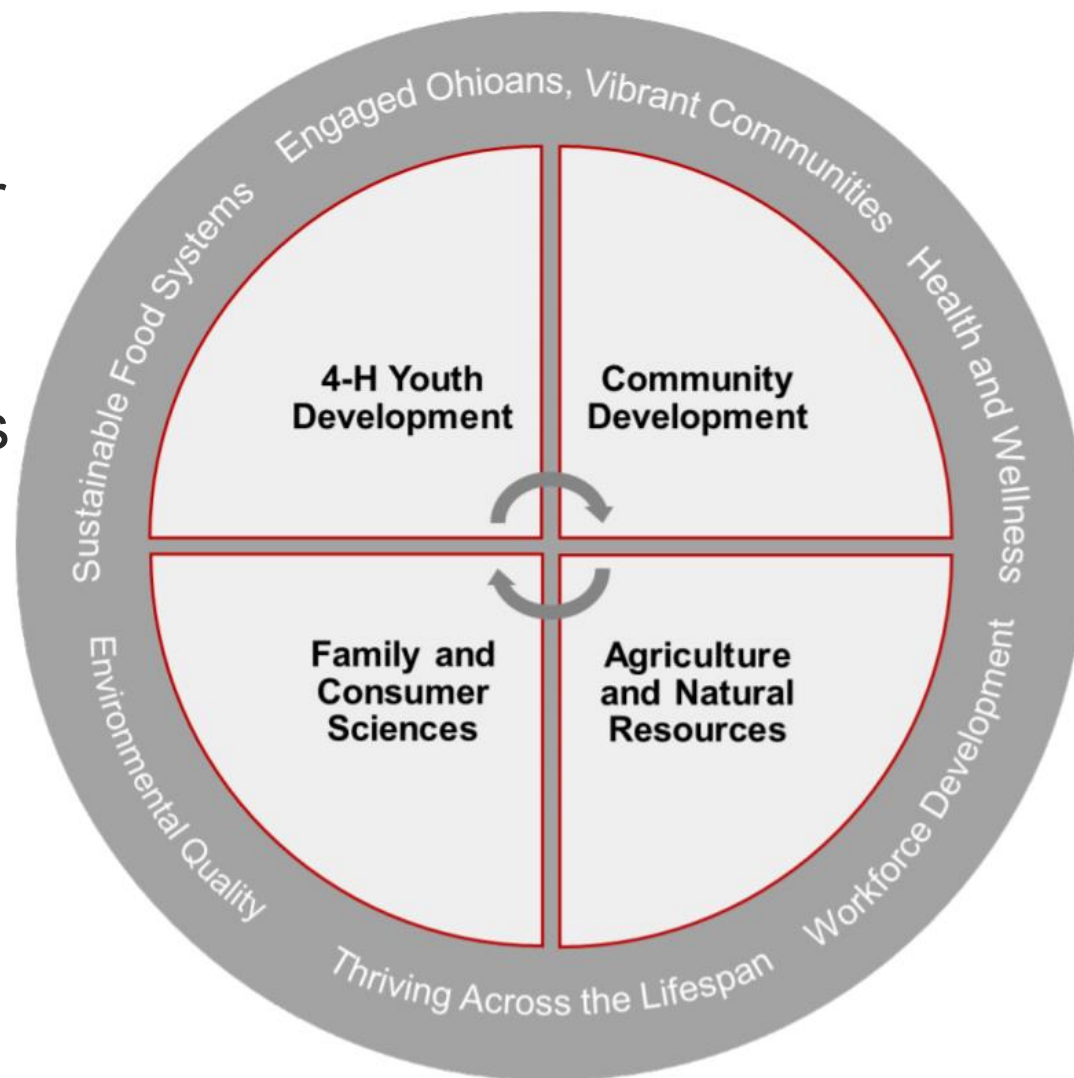


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**“I Believe** in people and their hopes, their aspirations, and their faith; in their right to make their own plans and arrive at their own decisions; in their ability and power to enlarge their lives and plan for the happiness of those they love”

**Extension Professional's Creed**



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?

@MEGANESHOOH

<https://osuhealthplan.com/programs-and-services/eap>

## How do I access the Employee Assistance Program?

You can schedule an appointment for in person, video or phone counseling by contacting one of our live counselors, available 24/7 at [800-678-6265](tel:800-678-6265). Counselors are available through the OSU Health Plan and through our partner, IMPACT Solutions.

For non-urgent inquiries email [eap@osumc.edu](mailto:eap@osumc.edu). For online service requests for counseling or daily living services, [click here](#), enter “buckeyes” as username and click “Sign In”, then choose the “help” icon.





## 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**

# MINIMIZE COMPASSION FATIGUE AND INCREASE COMPASSION SATISFACTION

**Name Good and Bad**



[lucas.osu.edu](http://lucas.osu.edu)

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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/>



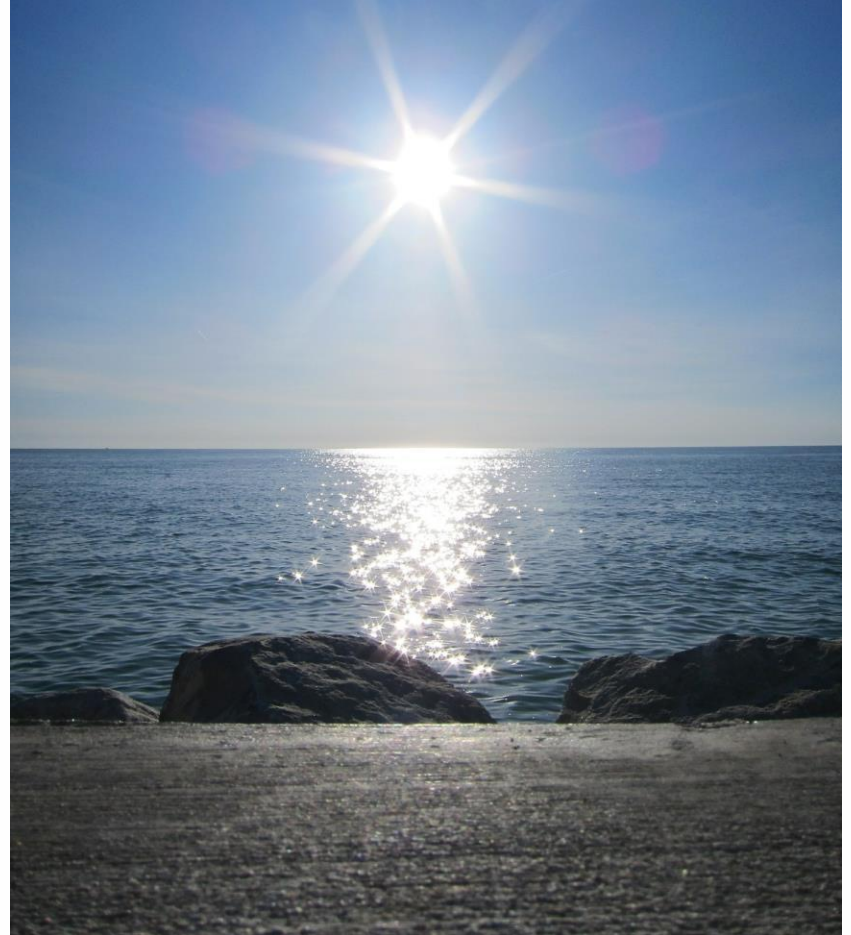
# ROSE, THORN, BUD ACTIVITY



# 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**.





# MINDFULNESS ACTIVITY: THREE SENSES



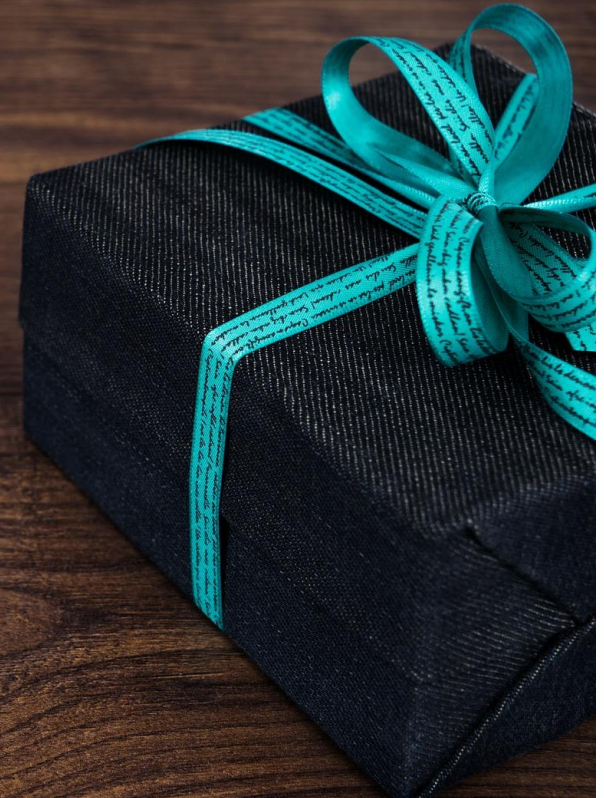
# PLAN AHEAD





# FUTURE SELF

- SEE
- HEAR
- FEEL
- DO



See	Hear	Feel	Do
M	O	R	E
L	E	S	S

# 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**



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