

RESILIENCE, COPING, & SELF-CARE: CONSIDERATIONS ON COMPASSION FATIGUE

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NONE ARE IMMUNE

- All changed
- Our self & professional Identity
- Ethical consideration
- Workforce influences
- Outcomes

COMPASSION FATIGUE/ EMPATHY STRAIN

- Compassion:
 - Sensitivity to the suffering of others and a desire to help
- Empathy:
 - Ability to notice and respond to the emotional experiences of other in a meaningful way
- Idea of contagion
- Traits of the vulnerable

Compassion Fatigue is

a broadly defined concept that can include emotional, physical, and spiritual distress in those providing care to another. It is associated with caregiving where people or animals are experiencing significant emotional or physical pain and suffering.

- Compassion Fatigue Awareness Project

ADDITIONAL CONSIDERATIONS

- COVID Fatigue
- Moral Injury
- Anger
- Caregiver Syndrome
- Burnout/Systemic Changes

WHAT KEEPS US WELL?

- Compassion Satisfaction
- Self Awareness / Self Assessment
- How we Cope
- Resilience
- Self Care

COMPASSION SATISFACTION

- Vital role in our work
- Inverse relationship to burnout and STS/CF
- Buffers against negative impact of client traumas

COMPASSION SATISFACTION UNPACKED

CHARACTERISTICS

- Wellbeing
- Fulfilled
- Reward
- Accomplishment
- Joy
- Enrichment
- Invigorations
- Inspiration
- Revitalization
- Gratitude
- Hope

ANTECEDANTS

- Profession as calling
- Empathetic relationships
- Support in stressful moments
- Developing **Resilience**
- Developing **coping** mechanisms
- Practicing **Self-Care**
- Work-life balance
- Adequate supports

CONSEQUENCES

- Meaningful care
- Improved work performance
- Engagement
- Competency
- Positive work environment
- Protections against CF
- Protections against burnout
- Maintenance of empathy and coping mechanisms
- Positive contributions

RESILIENCE, COPING & SELF CARE

RESILIENCE

A PATTERN OF POSITIVE ADAPTATION IN THE CONTEXT OF
PAST OR PRESENT ADVERSITY

WRIGHT & MASTEN, 2005

- Most important factor:
the attitude you adopt to deal with adversity

COPING VS RESILIENCE

- Ability to control emotions
- Ability to perceive reality
- Ability to think rationally
- Ability to problem solve

- RESPONSE

- Ability to bounce back
- Positive capacity to cope with stress
- Resistance to negative events

- ADAPTATION

BUILDING RESILIENCE

- Emotional Focused Coping
- Problem Focused Coping
- Active Coping
- Acceptance
- Humor
- Positive Reframing & Self Talk
- Social Supports
- Gratitude
- Reflection & awareness
- Compassion to self & others

toxic positivity

being negative
won't help you

good vibes only

you'll get over it

other people have
it a lot worse

smile, crying
won't help

just stay
positive



Genuine optimism

it's important to let it out.
is there anything i can do to
make this easier for you?

i love you through all your
emotional states

you are so resilient, and your
strength will get you through it

you are not alone, and there
is support to help you

it's okay to cry, we all do. can
i get you a tissue or a hug?

things are tough right now.
do you wanna talk about it, or
do something lighthearted?

@crazyheadcomics

Self-Care: No Duh...

TOWARDS A CULTURE OF SELF CARE

- Benefits: Improved wellness, healthfulness, self awareness, satisfaction, reduced distress
- Central – not peripheral
- Learn your warning signs
- Engage BEFORE needed

SO, WHAT IS SELF-CARE?

- Measures taken: Micro or Macro
- Intentional
- Not selfish
- Helps to:
 - Reconnect to equilibrium and mobility
 - Return to wellness
 - Enhance quality of life & sense of fulfillment
- Not the same as resiliency/hardiness

YOUR SELF CARE

- Unique, individual, personal
- Learn by doing
- Organic – continually checking in
- Intentional
- Balancing
- Confronts dysfunctional thinking & self assessments
- Open to vicarious resilience
- Acknowledge how stress has changed you

Positive Steps to Wellbeing

<p>Be kind to yourself</p>  <p>Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.</p> <p>Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.</p>	<p>Exercise regularly</p>  <p>Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.</p> <p>Get outside, preferably in a green space or near water.</p> <p>Find an activity you enjoy doing, and just do it.</p>
<p>Take up a hobby and/or learn a new skill</p>  <p>Increase your confidence and interest, meet others, or prepare for finding work.</p>	<p>Have some fun and/or be creative</p>  <p>Having fun or being creative helps us feel better and increases our confidence.</p> <p>Enjoy yourself!</p>
<p>Help others</p>  <p>Get involved with a community project, charity work, or simply help out someone you know.</p> <p>As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.</p>	<p>Relax</p>  <p>Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.</p> <p>Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)</p>
<p>Eat healthily</p>  <p>Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.</p>	<p>Balance sleep</p>  <p>Get into a healthy sleep routine – including going to bed and getting up at the same time each day.</p>
<p>Connect with others</p>  <p>Stay in touch with family and friends – make regular and frequent contact with them.</p>	<p>Beware drink and drugs</p>  <p>Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.</p>
<p>See the bigger picture</p>  <p>We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')</p> <p>What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?</p>	<p>Accepting: 'It is as it is'</p>  <p>We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.</p> <p>Some situations we just can't change. We can surf those waves rather than try to stop them.</p> <p>Allow those thoughts and sensations just to be – they will pass.</p>

THE SELF-CARE WHEEL



THE CAREGIVER'S BILL OF RIGHTS

I HAVE THE RIGHT.....

- to be respected for the work I choose to do
- to take pride in my work and know that I am making a difference
- to garner appreciation and validation for the care I give others
- to receive adequate pay for my job as a professional caregiver
- to discern my personal boundaries and have others respect my choices
- to seek assistance from others, if and when it is necessary
- to take time off to re-energize myself
- to socialize, maintain my interests, and sustain a balanced lifestyle
- to my own feelings, including negative emotions such as anger, sadness, and frustration
- to express my thoughts and feelings to appropriate people at appropriate times
- to convey hope to those in my care
- to believe those in my care will prosper in mind, body, and spirit as a result of my caregiving

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