



***"Burn Bright, Not Out:
Interactive Strategies for
Overcoming Compassion Fatigue
While Staying Strong"***

***Presented by Terrie Ruiz
LA Best Babies Network***

Some ground rules to keep in mind...



- This is a safe space
- All information shared is confidential!
- Please respect everyone's comments and questions.
- Please feel free to share outside of the chat by unmuting and using your audio.
- Collaboration is encouraged!

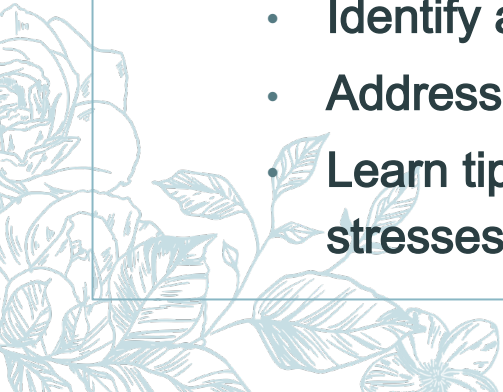
Mentimeter Activity



- ◆ Go to: www.menti.com
On your browser or phone
 - ◆ Type in code
- ◆ (Code will be in chat box and on -screen)



Objectives

- Understand the definitions, signs, and symptoms of Compassion Fatigue, Vicarious Trauma, and Secondary Trauma Stress.
 - Understand the similarities and differences between compassion fatigue, vicarious trauma, and burnout
 - Identify and retool the importance of Self Care in their life.
 - Address and help staff with balancing life and work stresses.
 - Learn tips and strategies that can help prevent these stresses.
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You are
BRAVER
than you believe,
STRONGER
than you seem,
SMARTER
than you think,
and **LOVED** *more*
than you'll ever know.


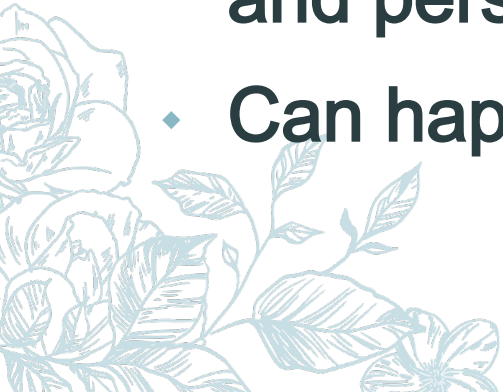


Journaling Activity

- ◆ What happens to you when you feel overwhelmed?
- ◆ What are your particular vulnerabilities?
- ◆ Do you believe you are good at handling your work and life stresses?
- ◆ Do you find time to do things for yourself?

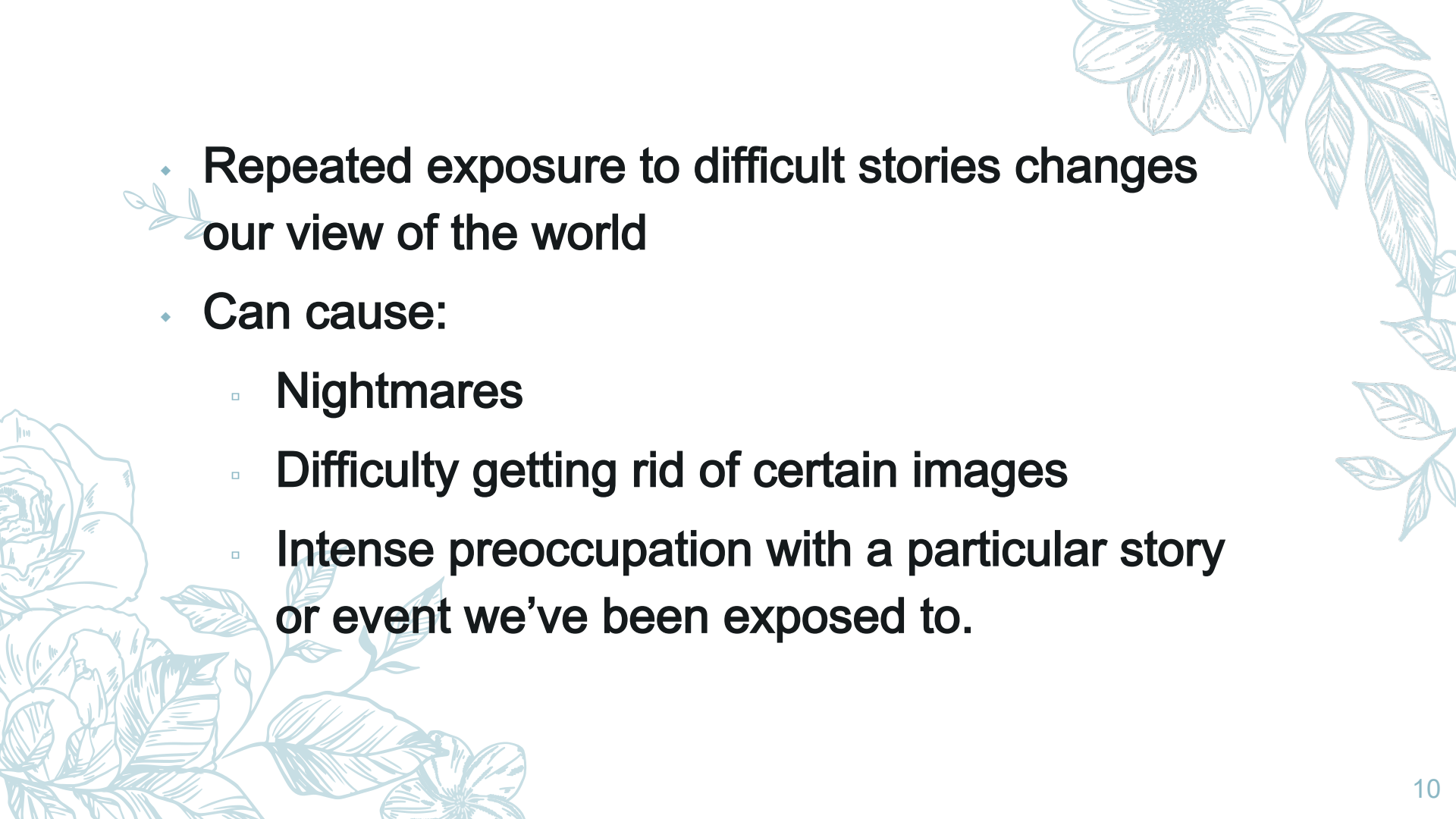
What is Compassion Fatigue?



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- ◆ **Deep erosion of our compassion, of our ability to tolerate strong emotions/difficult stories in others**
 - ◆ **Evident in helpers'/caregivers professional and personal life (“caregiver fatigue”)**
 - ◆ **Can happen to ANYONE**

What is Vicarious trauma?



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- ◆ **Repeated exposure to difficult stories changes our view of the world**
 - ◆ **Can cause:**
 - **Nightmares**
 - **Difficulty getting rid of certain images**
 - **Intense preoccupation with a particular story or event we've been exposed to.**

Primary vs Secondary Trauma



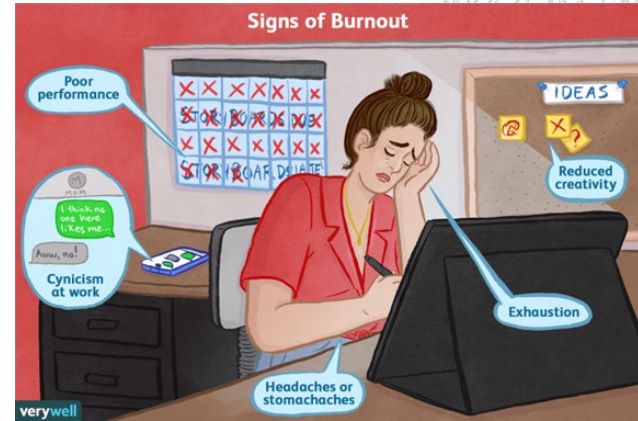
- ◆ Consists of some event(s) that precipitates such an overwhelming affective state that the individual is not capable of assimilating the entirety of the emotional experience at the time of the event

- ◆ Secondary traumatic stress is the emotional duress that results when an individual hears about the firsthand trauma experiences of another.

- ◆ **Examples:**
 - Post Traumatic Stress Disorder (PTSD)
 - As a consequence of the work:
 - Ex: EMS- car accidents, fatalities involving children
 - From our personal lives or our own past


Burnout

- ◆ “Physical & emotional exhaustion as a result of prolonged stress and frustration” (Stamm)
- ◆ Depleted ability to cope with work demands
- ◆ Feel powerlessness to achieve goals
- ◆ Can happen in any occupation .





Physical signs of compassion fatigue

- ◆ **Exhaustion**
 - ◆ **Insomnia**
 - ◆ **Headaches**
 - ◆ **Increased susceptibility to illness**
 - ◆ **Somatization and hypochondria**
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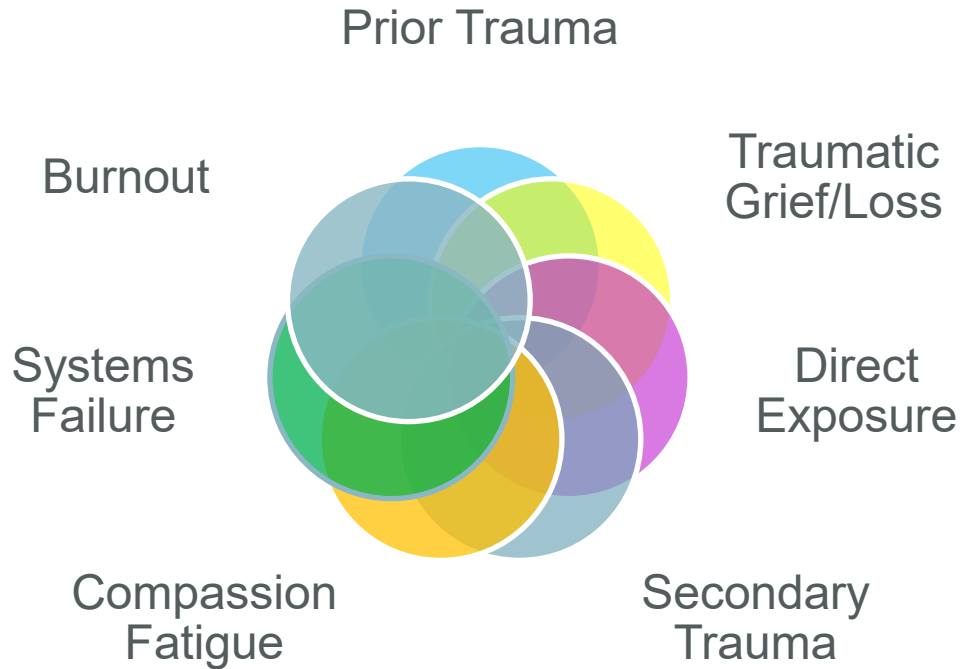
Psychological signs and symptoms

- ◆ Distancing
- ◆ Negative self image
- ◆ Depression
- ◆ Reduced ability to feel sympathy and empathy
- ◆ Resentment
- ◆ Heightened anxiety or irrational fears
- ◆ Feeling professional helplessness
- ◆ Depersonalization
- ◆ Disruption of world view
- ◆ Dread of working with certain patients/co-workers

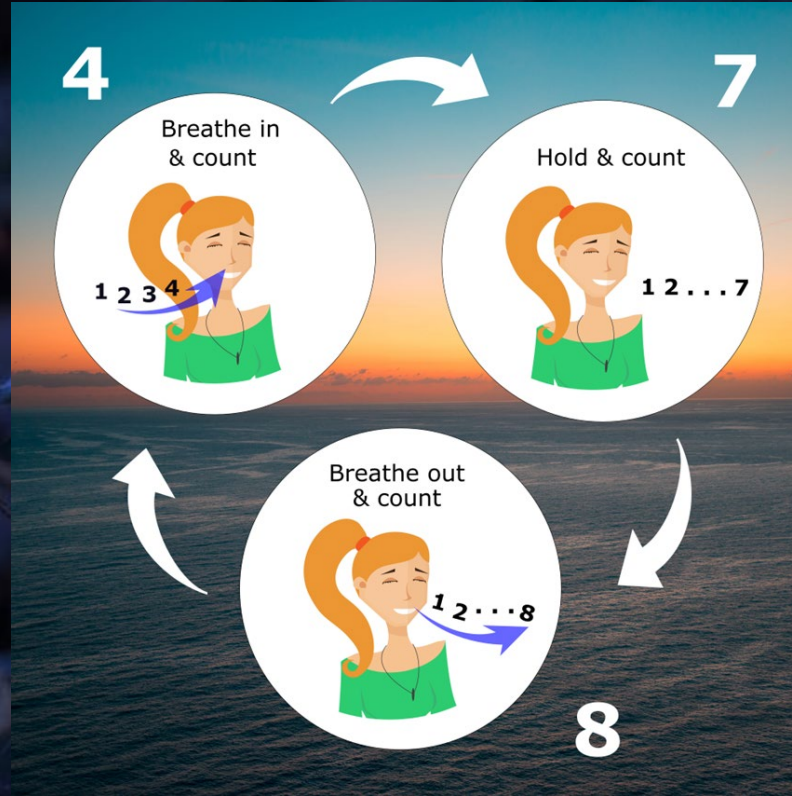
Psychological signs and symptoms continued...

- ◆ **Hypersensitivity to emotionally charged stimuli**
- ◆ **Insensitivity to emotional material**
- ◆ **Increased sense of personal vulnerability**
- ◆ **Loss of hope**
- ◆ **Difficulty separating personal and professional lives**

Multiple Exposure: Increased Risk

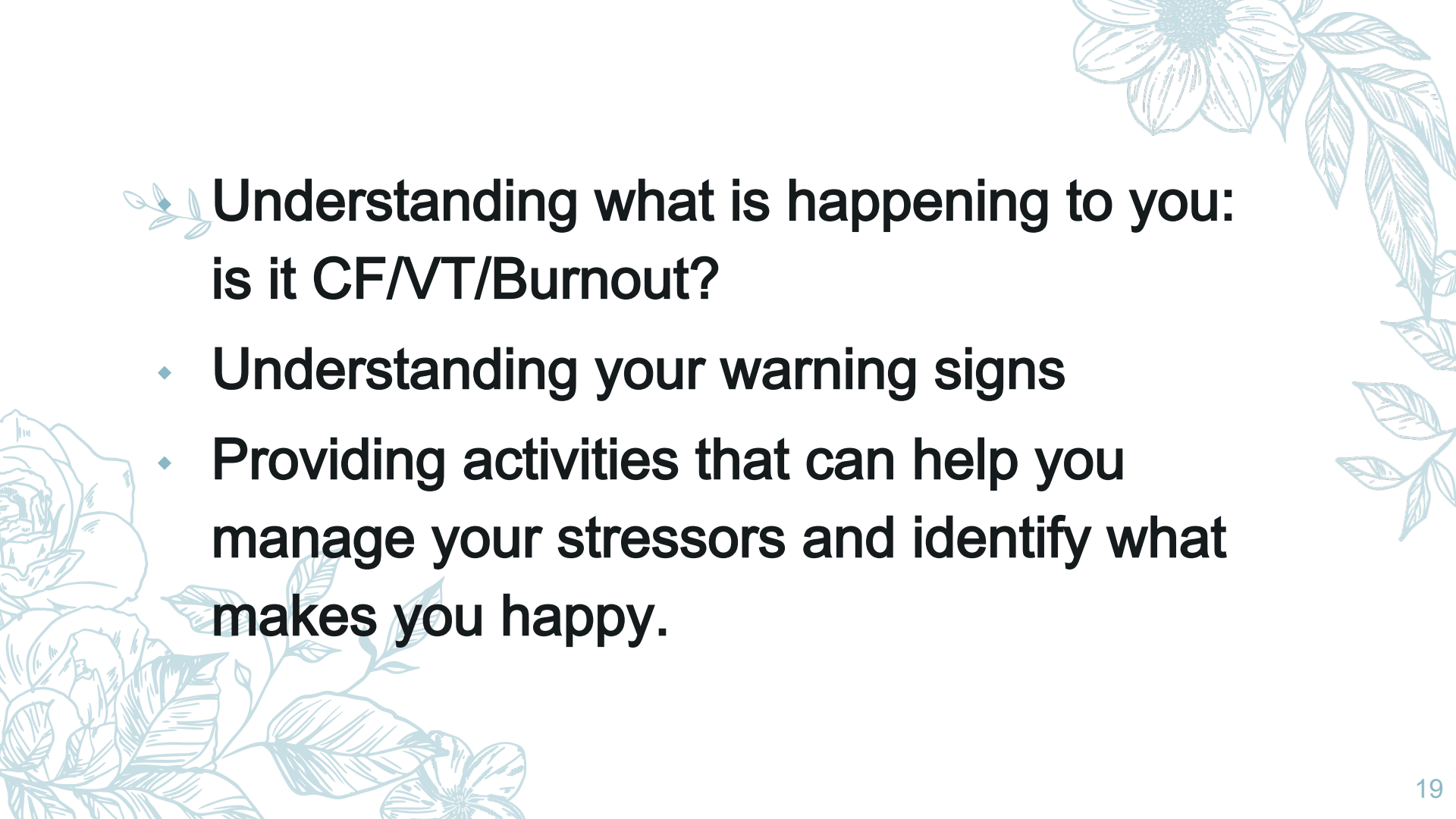


SELF CHECK!





Addressing Compassion Fatigue (CF) : Strategies



**Understanding what is happening to you:
is it CF/VT/Burnout?**

- ◆ **Understanding your warning signs**
- ◆ **Providing activities that can help you manage your stressors and identify what makes you happy.**



WTF
Window of Tolerance
Framework

Window of Tolerance Framework

- ◆ Optimal arousal zone
- ◆ Hyper -arousal (overwhelming, panic)
- ◆ Hypo -arousal (calm, shut down and do nothing)
- ◆ What do you think widens your window of tolerance:
 - Experience
 - Time
 - Sleep

Hypo-arousal

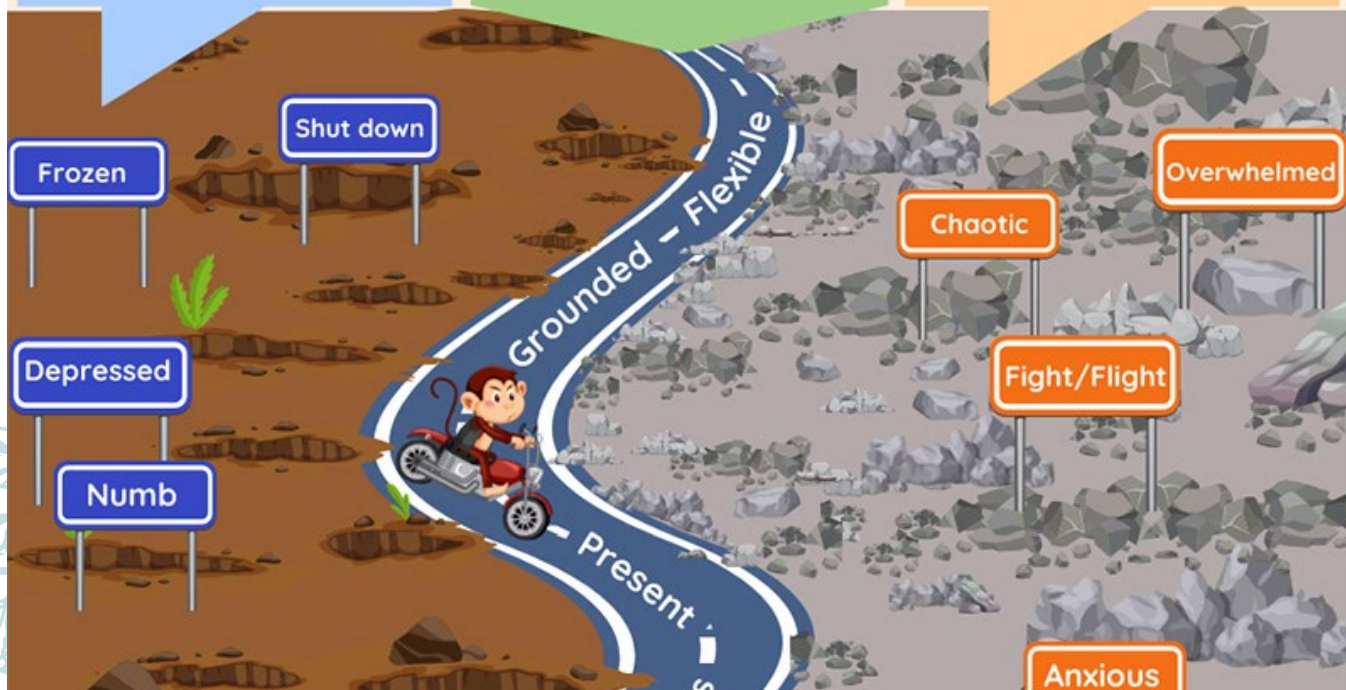
Swerve too close to this side of the road & you get stuck in the mud

Window of Tolerance

Stay on the road & you can easily get where you want to go

Hyper-arousal

Swerve too close to this side of the road & you go flying everywhere



SELF CHECK!



***Activity – What is
your Rose, Bud
and Thorn?***



Journaling Activity

- ◆ What is your Rose?
- ◆ What is your Bud?
- ◆ What is your Thorn?




Now what?





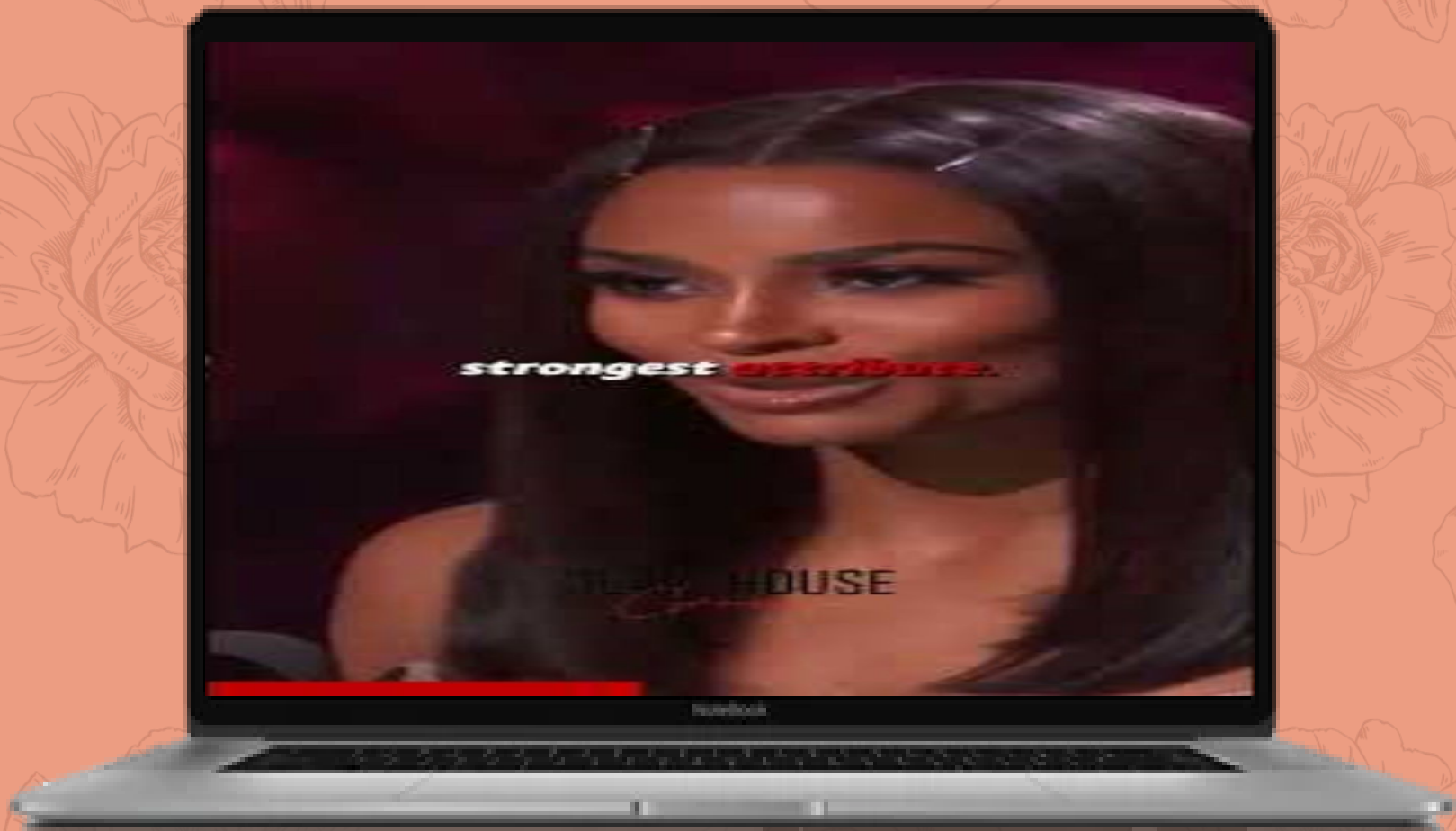
What will you take away from today to keep moving forward...

- ◆ **How will you be applying what you learned today to your work and personal life?**
 - ◆ **What is one thing you can change today to keep moving forward?**
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THE NICEST THING ABOUT THE
RAIN IS THAT IT ALWAYS STOPS EVENTUALLY



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***Thank you for all you
do for our community!***

