

SSPR March 2021 Community Meeting

# Compassion Fatigue

# Sustainable Self- Care

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# About Me

Mom

Occupational Therapist

Person in Long Term Recovery

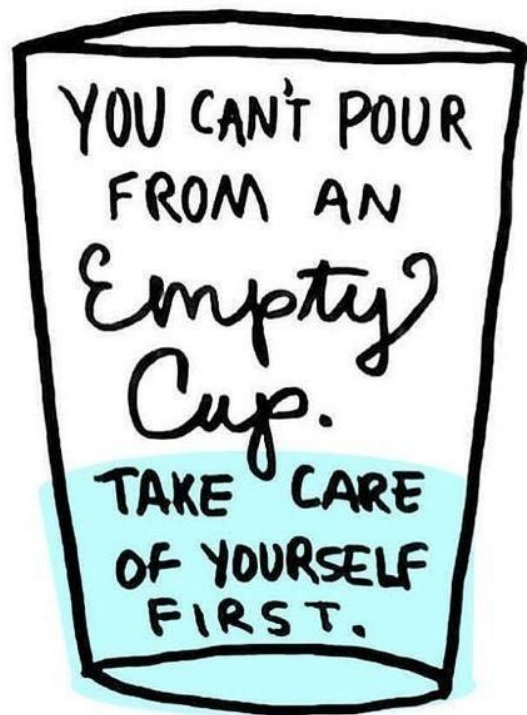
My Self Care Journey



# Let's start

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"In, out  
Deep, slow  
Calm, ease  
Smile, release  
Present moment,  
wonderful moment"





# Contents

## 1

### **What is Compassion Fatigue**

Let's explore compassion fatigue symptoms, origins and causes.

## 2

### **Sustainable Self-Care Practices**

Offering opportunity to practice mindfulness techniques and share sustainable self-care practices

## 3

### **Resources**

Offering at SSPP and beyond to support wellness

# Compassion Fatigue

Is a state experienced by helping people or animals in distress. It is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper.

# Symptoms

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**Isolation**  
**Them vs Us mentality**  
**Emotional outburst**  
**Substance abuse**  
**Physical ailments**  
**Sadness and Apathy**  
**Nightmares/Flashbacks**



<https://www.peoplesmatters.in/blog/life-at-work/compassion-fatigue-in-times-of-covid-19-25616>



## Compassion Fatigue Causes

Surviving a dysfunctional childhood aids in creating behaviors and patterns. Unresolved past pain and trauma.

We grow up lacking strong personal boundaries. We learn to put the needs of others before our own needs. Impulse to help everyone on need.

We experience an overdeveloped sense of responsibility. May be due to alcoholism or addiction or physical abuse in our families.



“A moment of  
self-compassion can  
change your entire day.  
A string of such  
moments can change  
the course of your life”

—Christopher Germer





1. Put both hands on your heart, pause, and feel their warmth.
2. Breathe deeply in and out.
3. Speak these words to yourself, out loud or silently, in a warm and caring tone:

*This is a moment of suffering.*

*Suffering is a part of life.*

*May I be kind to myself in this moment.*

*May I give myself the compassion I need.*



# **Authentic & Sustainable Self Care**

Begins with Each One of Us

# Authentic and Sustainable Self Care

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Enhance your awareness with education

Accept where you are on your path at all times

Exchange information and feelings with people who can validate you

Express your needs verbally

<https://www.compassionfatigue.org/path.html>



<http://theglitterguide.com/2020/05/25/at-home-self-care>

# Authentic and Sustainable Self Care

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Understand that those close to you may not be there when you need them most

Clarify your personal boundaries. What works for you; what doesn't.

Listen to others who are suffering

Take positive action to change your environment

<https://www.compassionfatigue.org/path.html>





**In order to bloom, you must grow -Aly Aubrey**

# **What are your self-care practices**

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**Eating healthy and good sleep habits**  
**Taking time for baths, morning walks or exercise**  
**Drink plenty of water daily**  
**Practice the art of self-management: Just say no**  
**Employ mindful meditation as much as possible**  
**Build a support system**  
**Live a balanced life: Sing, dance, sit in silence**  
**Nature walks or snuggling with a pet**

**WHAT CAN YOU ADD TO THE LIST?**

# Integrating Mindfulness

While we all get caught up in moments of distraction and avoidance, we can practice the **ART** of presence

## Activity

Bring mindfulness to a daily activity such as brushing your teeth, washing your hands or the dishes or folding laundry.

## Routine

A collection of habits or actions you do on a regular basis to bring order to your day—checking your email, then writing your day's to-do list

## Trigger

Replace your trigger-reaction with a flash of being present. Ground down into your feet, breathe in for 4 and out for 4, listen to sounds, hand on heart



# Create a self-care plan





# Keep It Simple

Thank you for ALL that you do.  
Now, go take care of you :)



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# Credits

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How to Manage Compassion Fatigue in Caregiving | Patricia Smith <https://www.youtube.com/watch?v=7keppA8XRas>

Boyce, B. (2021). Care Deeply with a light touch. *Mindful Magazine*, 54-65.

Compassion Fatigue Awareness Project <https://www.compassionfatigue.org/index.html>

Hanh, N. (2015). The heart of the Buddha's teaching: Transforming suffering into peace, joy & liberation: The four noble truths, the noble eightfold path, and other basic Buddhist teachings. New York: Harmony Books.

How to Manage Compassion Fatigue in Caregiving | Patricia Smith <https://www.youtube.com/watch?v=7keppA8XRas>

Presentation template by [Slidesgo](#)

# Resources

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Caring for yourself in the face of difficult work

Self Care Questionnaire

Self Care Questionnaire Functional Medicine

<https://www.mindful.org/true-freedom-caring-deeply-without-striving/>

Om Meditation resource

Self Compassion PDF

Professional Quality of Life Scale