



Compassion Fatigue

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The Resilience Network LLC

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Me trying to excel in my career,
maintain a social life, drink enough
water, exercise, text everyone back,
stay sane, survive and be happy

WALT DISNEY MAGIC



What is burnout?

- Burnout is a state of complete mental, physical, and emotional exhaustion. If you are experiencing burnout, you may notice it is difficult to engage in activities you normally find meaningful. You may no longer care about the things that are important to you or experience an increasing sense of hopelessness.





Burnout Self-Test-



Symptoms of Burnout

Physical

- Headaches
- Fatigue
- Frequent illness
- Changes in appetite and sleep

Emotional

- Helplessness
- Loss of motivation
- Decreased satisfaction
- Sense of failure or self doubt



Chronic Stress

- Chronic Stress is the precursor to Burnout
- (Compassion fatigue of any variety can be a result of chronic stress)
- Biological factors: Under stress Cortisol and Adrenaline are constantly released and Serotonin is inhibited; the body is wearing down at an accelerated pace
- You may notice that you get sick more often – colds, headaches, etc.

Compassion Fatigue Vocabulary

- Burnout
- Vicarious Trauma
- Secondary Traumatic Stress
- Moral Injury
- Toxic positivity





Toxic Positivity vs. Gratitude

Toxic positivity is the push to be positive all the time.

- “Don’t be so negative”
- “Always look on the bright side”
- “Failure is not an option”
- “It could be worse”

Gratitude acknowledges the difficulties and validates the experience.

- “Failure is a learning opportunity”
- “Things are tough, I am here if you need me”
- “You have had a traumatic experience how can I support you?”

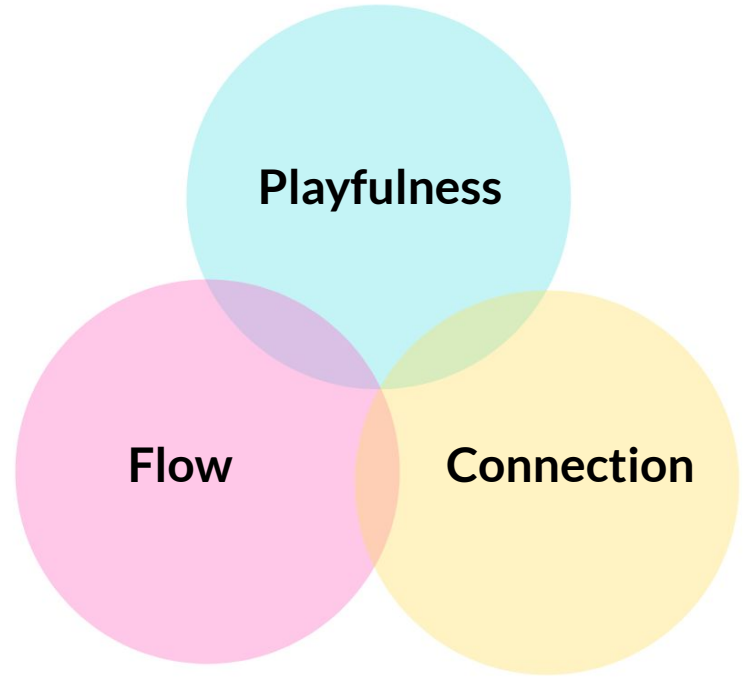


How to Combat Stress -

1. Saying no
2. Unplugging
3. Eliminate toxic people
4. Don't hold grudges
5. Mindfulness – exercise, walking in nature, puzzles
6. Put things in perspective
7. Using your support system

Fake Fun vs. Real Fun -

- Fake fun: Engineered activities to make you think you are having fun and releases some of the chemicals in your brain to fool you.
- Facebook, Doomsday Scrolling, Junk Food, TV binging, Buying Things You Don't Need, and Quick Fix Pleasure.



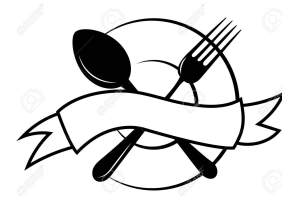
Dopamine Menu “Dopamenu”

- A dopamenu is a list of activities that make us feel joy
- Intended to be used when you need a break or a mental pick me up.
- A list of things that gives us the level of stimulation we need when we need it.
- Can be useful if you are experiencing a lack of motivation, feeling low energy or overstimulated.
- It is NOT a to-do list, a cure for ADHD or burnout or an alternative for medication/therapy.





Dopamenu



Starters

- Things that are quick and don't suck you in. These are great to use as a break or before beginning a more daunting task.

Main Courses

- Things that you enjoy that take a bit longer. They can be scheduled activities or ones that help you wind down at the end of the day.

Sides

- Things that you can add to other activities to make them more enjoyable.

Dessert

- Things that you often default to or that you may overdo it on. If you spend large amounts of time on these, they may not leave you feeling good.



Dopamenu

Starters

- Warm shower
- Meditate
- Go for a walk
- Listen to music
- Have a snack

Main Courses

- Visit a friend
- Cook a meal
- Physical activity
- Read a book
- Play a boardgame

Sides

- Phone a friend
- Play with a fidget
- Light a candle
- Listen to a podcast

Dessert

- Scroll through social media
- Watch TV
- Play video games
- Ruminare
- Go to starbucks



How Covid Impacted our Health-





A Trauma Response (Despair) -

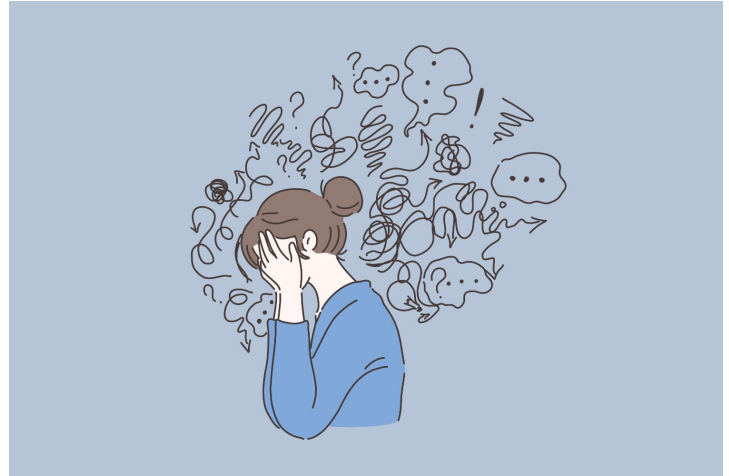
- Feeling helpless and hopeless
- Chronic exhaustion and physical ailments
- This is never going to end
- Lack of sleep, nightmares, change in routine habits

A Trauma Response (Languishing)



A Trauma Response (Acute Anxiety)

- Anger and cynicism
- Addictions
- Hypervigilance
- Excessive worry
- Fear about the future





Despair, What Do I Do Now?

What level of care do I need?

- Professional, friends
- Make a tolerations list, categorize
- Decide where is the low hanging fruit and pick one or two things to do.

Languishing, What Do I Do Now?

Finding your flow!



- What would bring me joy? How can I be creative? Write a plan.
- Get really clear on the plan, life would be better when... ?
- Fragmented attention is the enemy of focus, take the time to write the plan.
- Take a step towards finding what brings you joy and move towards that goal.



Acute Anxiety, What Do I Do Now?

- Decision making regarding control and influence.
- Stay present and in the moment.
- Exercise and eat healthy foods.
- Make sleep a priority.
- Socialize with friends.



Empathy vs. Sympathy

<https://www.youtube.com/watch?v=KZBTYViDPIQ/watch?v=KZBTYViDPIQ>



Healthy Coping Strategies-

Emotional

- Moderation.
- Remember you have options.
- Use your sense of humor.
- Have a friend you can vent to. (gossip)

Behavioral

- Spend time alone.
- Spend time with others.
- Set goals have a plan.
- Relax.

Physical

- Exercise.
- Routine sleep patterns.
- Eat well balanced meals.
- Engage in physical luxuries.

Cognitive

- Make small daily decisions.
- Anticipate needs.
- Break large tasks into smaller ones.



Recovery Plan

- **Self Care is not an indulgence**
 - Organize your environment
 - Develop REAL Plan B (have it ready to go!)
 - Make meals ahead of time
 - Get help with absolutely anything you can afford: house, child care, beauty appointments, personal trainer, doggy day care, regular massages etc.
 - Plan vacations in advance and DO NOT CANCEL THEM!!!!
 - Stock your supplies in advance: over the counter cold prevention remedies, bandaids, etc.



“When we are no longer able to change a situation we are challenged to change ourselves”

- Viktor Frankl