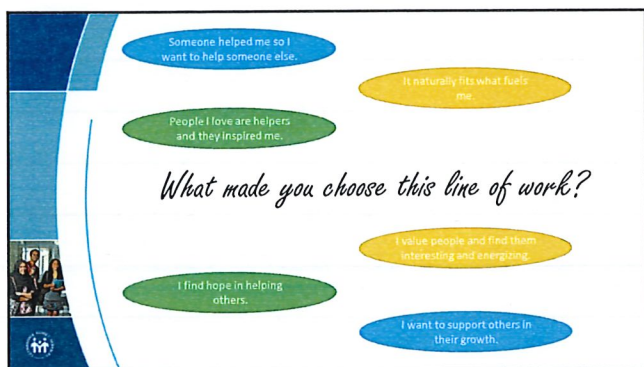


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2



3

Burn Out

Stressed Eric



Burnt out Eric

(Eric was too tired to pose for this cartoon, apologies)

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- Physical and/or emotional exhaustion.
- Frustrated and depleted.
- Does not necessarily mean that our view of the world has been damaged or that we have lost the ability to feel compassion for others.

4

Compassion Fatigue















- Gradual erosion of all things that keep us connected to others in our caregiver role: Our empathy, our hope, and of course our compassion- it is not only for others but also for ourselves.

<https://www.eenetconnect.ca/event/compassion-fatigue-workshop-2>

5


Signs of Compassion Fatigue

 Psychosomatic illnesses	 Stress	 Sleeplessness	 Irritability with coworkers, friends and family
 Hopelessness	 Isolation, withdrawal	 Frustration	 Anxiety
 Working hard and feeling drained with signs of higher production	 General lack of interest, feeling of apathy	 Cynicism	 Failure

What are your signs?

6

Vicarious Trauma



- Profound shift that workers experience in their world view when they work with clients who have experienced trauma.
- A cumulative process that can include intrusive thoughts.

7

Anyone can experience

Burn Out

When you support others

Compassion Fatigue

When you support others and experience secondary trauma

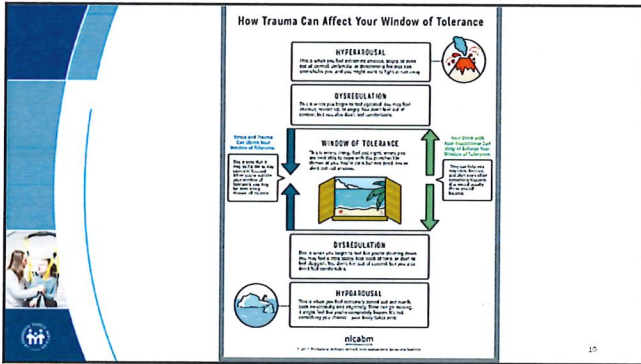
Vicarious Trauma

8

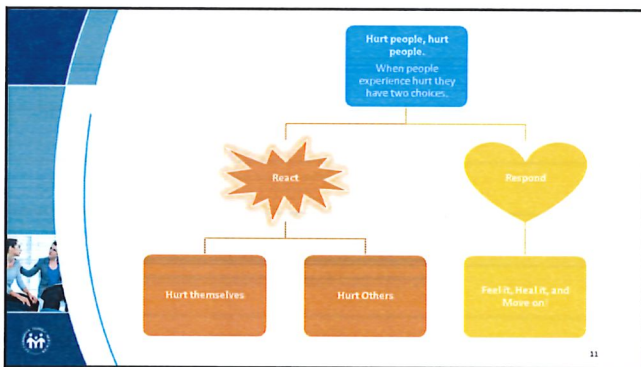
Moral Distress

- Incongruence with personal beliefs/values and actions at work.
- Over time, Moral Distress can contribute to Compassion Fatigue.

9



10



11



SLIMING

- Sharing graphic details of stories you've heard or things you've experienced at work without the consent of the other person.
- This is NOT the same as debriefing.

12

Low-Impact Debriefing

- Be aware of your usual pattern when it comes to debriefing.
- Give fair warning to colleagues if you are going to share something difficult.
- Ask for the listener's consent.
- Limit your sharing to the least graphic components and assess what the listener actually needs to know.
 - Your supervisor may need to know a bit more detail than a colleague in a casual conversation or check-in





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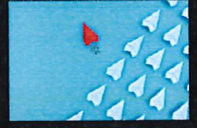
What is Work-Life Balance?



Ideal: equal time for things that are important to you
Reality: a context-based and individual experience

Awareness and intentionality with energy and time.



14

<p>INSIGHT</p>  <p>Honest understanding through asking tough questions. "AHA moments"</p>	<p>INDEPENDENCE</p>  <p>Separating from connections that don't serve you. Being able to know what you are worth.</p>
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15

RELATIONSHIPS
Finding connections that are supportive.
Moving toward what *is* for you.

INITIATIVE
The path for mastery that can offer a sense of accomplishment.
Earning skills and developing purpose.

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CREATIVITY
"Imposing order, beauty, and purpose on the chaos of 'troubling experiences'."
(Orlin & Wolcott, 2003, p. 6)

HUMOUR
Minimizing pain by laughing at oneself or with others.
Humour that helps you process struggle.

17

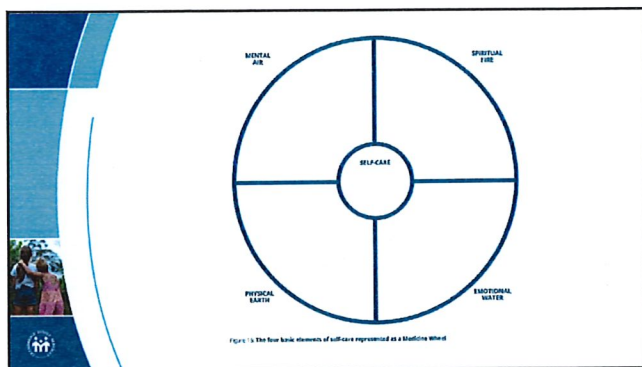
MORALITY
The resilience of compassion.
A drive to be helpful after experiencing difficulty and stress.

18

Other Strategies

- Transition activities between work and home.
- Take stock of your warning signs.
 - Emotional
 - Behavioural
 - Physical
- Peer support
- Talk about CF! There is shame and stigma. Break it down.
- Resources!

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Thank you!

Lethbridge Family Services
 Outreach & Education
 (403) 327-5724
 Outreach@LFSfamily.ca

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