

What About Me? Developing a Plan for Self-Care

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Compassion Fatigue Definitions

- Figley (1993, 1995) defined it “as the natural and consequent behaviors and emotions resulting from knowing about a traumatizing event experienced by a significant other the stress resulting from helping or wanting to help a traumatized or suffering person.
- Figley later coined the term compassion fatigue to describe the cognitive emotional behavioral changes that caregivers experience from indirect exposure to trauma survivors or suffering person” (p. 7).



Attribute

- *Empathy*, defined as a personality characteristic that describes the ability to affectively and cognitively respond to others with objectivity is theoretically considered to place the professional at risk of indirect trauma exposure reactions (Figley, 1995).
- This positive Attribute can lead to Compassion Fatigue!!

Who is Prone to Compassion Fatigue???

- ...younger age, female, inpatient work setting, social work background, and **GREATER CASELOADS** will all be positive predictors of compassion fatigue and burnout and negative predictors of compassion satisfaction.



Reported Symptoms

- intrusive secondary trauma-related thoughts or memories
- avoidance behaviors,
- sleep disturbances,
- irritability,
- Dissociation (feelings of detachment from others)



What can be done?

- Recent research has found that specialized trauma training significantly increased compassion satisfaction and decreased compassion fatigue and burnout. Build Resilience through SELF ATTUNEMENT and SELF-CARE



Self-Care at Work

- Become Aware of Your Emotional and Physical Reactions.
- Notice your distress. Don't ignore it.
- Know your limitations, Physical, Emotional, Psychological.
- Manage your time (at work and home).

Addressing Negative Issues

Retreat Rethink and Revisit:

- Write down specific concerns & review for points to ensure they convey understanding of the problem
- Focus on the problem not a person (or people).
- Focus on how the problem affects you, the situation, your anxiety (Not Personal Attacks on others)
- Remember how important your SELF-CARE and problem resolution is for YOU and those you serve.

Self-Attunement

- Means you recognize burnout symptoms and take appropriate self care:
- Slow, deep breathing.
- Relaxation techniques.
- Visualization techniques.



Build Self-Attunement:

- Acknowledge the reality of the impact of dealing with loss.
- Work through your emotional turmoil.
- Shift the emotional energy invested in the loss or situation and focus it towards healthy relationships.





Build Resilience by

- Loosen mental ties to work when you are at home. Leave work at work and set appropriate work boundaries.
- Adjust your home environment it should be warm and welcoming for you.
- Acknowledge that your job creates STRESS. Take time to Refresh & Recover
- Focus on building your identity apart from just your job. Find the Friends, Family and Hobbies you Love and take the time to enjoy them.

Reach Out!!! Identify Supportive Resources

- You are not alone. Burn Out can happen to ANYONE
- Identify Supportive Resources
- USE THE RESOURCES!!!
- Military OneSource: CHILL DRILL to learn Focused Relaxation



Research Support...

- Gallegos, Lytle, Moynihan & Talbot, (2015) concluded that Mindfulness Based Stress Reduction may be an effective intervention to improve emotion regulation and immune function in a community-based setting, and warrants further study.
- Raab, Sogge, Parker, & Flament, (2015) results indicated that several facets of self-compassion were modified by the mindfulness intervention, that is, self-judgment, common humanity, isolation, and overidentification. These results support Neff's (2003) suggestion that in order for individuals to fully experience self-compassion, they must be mindful, that is, they must not avoid or repress painful feelings nor become over-identified with them.

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