

Coping with Burnout & Compassion Fatigue

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Objectives

- Learn the impact of Burnout and Compassionate Fatigue
- Identify self-care activities to help manage/reduce stress
- Practice simple and practical skills to help you feel calm, relaxed and grounded.

Materials: handout, worksheet provided

*Note some coping skills will work better for you than others. The more these skills are practiced the easier they become and more automatic to incorporate into daily life.

Burnout	Compassion Fatigue
Slow onset	Unexpected Onset, can occur without warning
Work dissatisfaction	Life dissatisfaction
Evident at work	Evident at work and home
Feels under pressure	Feels out of control
Lack of motivation or energy	Post-traumatic stress disorder symptoms
Remedy is time away from work or new job	Treatment
Exhaustion	Exhaustion
Lack of motivation	Lack of empathy or sympathy
Lower productivity	Lack of joyfulness
Frustration	Sadness/grief

Source: continued.com by Kathy Pillow-Price, EdD; Port City Counselling Services Inc.

Trauma Resource Institute

Help Now! Skills
Drink a beverage
Touch the surface of something in nature or furniture, whatever is in the environment- what are the textures you notice?
Look around the space where you are inside or outside- paying attention to anything that catches your attention
Name six colors you see in the space that you are in- outside or inside
Count backwards from 20 as you walk around the room
Notice the temperature of the space- is it cold, warm, hot, just right?
Notice the sounds within the space- inside or outside
Walk and pay attention to the movement in your arms and legs and how your feet are making contact with the ground
Push your hands against the wall or door slowly and notice your muscles pushing. Or push your back against a surface and notice your back and legs making contact with the surface.

Source: Trauma Resource Institute, iChill app

4-7-8 Breathing Technique

Breathe in through the nose for 4 seconds (noticing your diaphragm, abdomen area rise)

Hold the breath for 7 seconds

Exhale through the mouth for 8 seconds (noticing your diaphragm, abdomen area shrink)

*reduce the number of seconds in each stage if unable to inhale, hold, or exhale for long.

Metta Meditation (Lovingkindness Meditation)

Lovingkindness is about the intention to meet experience with kindness, in ourselves and in others. The phrases are wishes, they are not positive affirmation.

The five traditional categories:

1. Lovingkindness towards oneself
2. Lovingkindness towards a friend/benefactor
3. Lovingkindness towards a “neutral” person
4. Lovingkindness towards a “challenging” person
5. Lovingkindness towards all sentient beings everywhere

Some traditional lovingkindness phrases:

- May I be safe and protected from inner and outer harm.
- May I be truly happy and deeply peaceful.
- May I live life with ease.
- May I accept myself completely just the way I am (in this moment).

Source: InsightLA

Resources

- iChill app
- Headspace app
- PsychologyToday.com
- OpenPathCollective.org
- NAMI.org/your-journey/frontline-professionals/health-care-professionals