Why I started this journey: Friday afternoon vs Monday morning
What is “compassion fatigue”? 
Secondary Traumatic Stress
The accumulation of all the indirect trauma you have been exposed to… changes your view of the world

Factors that increase the risk of burnout, compassion fatigue and secondary traumatic stress

Assessing our Individual Risk Factors

Moral Distress

“[...] happens when there are inconsistencies between a [helper’s] beliefs and his or her actions in practice” (Baylis 2000)

“[...] when policies or routines conflict with [...] beliefs about [...] patient care” (Mitchell 2000)
How to Remain on the Edge of Compassion?

Caring “just the right amount?”

Don’t care          Sweet Spot          Over-involved

“Exquisite Empathy”
Mindfulness App
Headspace.com

We can’t ignore the basics of human physiology

Your Warning Signs
The “Big 3” Warning Signs

Physical
Behavioural
Emotional

“Leisure” time?

How we transition...
Resetting ourselves

Sleep

Why we can't always shut it off after a day
“Hot Walk, Talk & Flush”

Dr. Patricia Fisher, Diana Tikasz, Tend Academy
Water and Stress Reduction

Drinking water lowers Cortisol levels

Talk about it, but don’t slime each other
Low Impact Debriefing

Step One: Self Awareness

Step Two: Fair Warning
Low Impact Debriefing

Step Three: Consent

Low Impact Debriefing

Step Four: Low Impact Disclosure

Beware of Being in Crisis
Reactivity Mode
UNDERSTANDING THE WINDOW OF TOLERANCE

What works?
Social Support

“There is no more effective neurobiological intervention than a safe relationship”

– Bruce Perry

Slide courtesy of Diana Tikasz, MSW RSW
Strategies to remain healthy and compassionate
“Dig where the ground is soft”: Where can you start?
Questions?

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