Compassion Fatigue & Burnout

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Burnout

1. Mis-motivation and hyperactivity
    1. Draining to coworkers
    2. Constant thoughts about work
    3. Has hands in everything
    4. Solution: Expectation re-evaluation
2. Stress not dealt with
    1. Refusal to take criticism
    2. Works harder, not smarter
    3. Always running
    4. Solution: organization skills and support

Burnout

3. Vicarious Trauma
    1. Hurt by work
    2. Defensive, on guard, reactive
    3. Hold peers in contempt
    4. Continually burned by the people they serve
    5. Solution: Coping Skills
4. Compassion Fatigue
    1. Tired, slow, indifferent
    2. Burdensome and heavy
    3. On the last leg, no energy
    4. Solution: rest, relaxation, reevaluation

Burnout

5. Burnout
    1. Rigid, finished, charred
    2. See the very worst in every situation
    3. Project hurt on others
    4. Solution: STOP!

Compassion Fatigue

* Characteristics that lead to Compassion Fatigue
  * Inflexibility, escape-avoidance, idealism, rigid expectations
* Characteristics that help with symptoms
  * Openness to experience, agreeableness, consciousness and relationship between care-giver and care-receiver

Compassion Fatigue

* More characteristics
  * Problems with: Sleeping, breathing, stomach, digestion, concentration, emotion stabilization
  * Other symptoms: Restlessness, heightened vigilance, easily angered, guilt over things unassociated, easily angered/frustrated/agitated,

Compassion Fatigue

* What can you do:
  * Practice mindfulness: being present!
    * Intention + Attention = Mindfulness
  * Diaphragmatic Breathing
  * Practice presence
  * Attention setting/gathering
  * General Self Care: Physical, Psychological, Emotional, Spiritual, Personal, Professional
  * Mental Health Counseling/maintenance