

COMPASSION, MISSION, AND THE CALLING OF SERVICE

First Cup Living

Fostering Access to Compassionate Healthcare



We bring all of our past, present and future dream
We bring, recorded in us, our history, culture, drama, crisis and
celebration
We bring our vision for life, our dreams, our wishes and ambition
We bring our talents, gifts and abilities
We bring our concept of purpose and meaning in life expressed
through calling and service

COLLISION

- And somewhere along the way, it all collides with reality...
 - Thus the friction...
 - Thus the excitement...
 - Thus the frustration...
- Thus the Compassion Fatigue...and living from the dregs...

Objectives for Today

To Explore Symptoms of Compassion Fatigue

To Consider First Cup Living

To Define Helping vs. Serving

To Recognize Opportunities for Healing Compassion
Fatigue

To Practice Generous Listening

To Experience Respite

To Plan for Living Mission with Compassion and the
Call of Service

Who Do You Say You Are?



“I do not believe that sheer suffering teaches. If suffering alone taught, all the world would be wise, since everyone suffers. To suffering must be added mourning, understanding, patience, love, openness and the willingness to remain vulnerable.”

Ann Morrow Lindbergh

Definition

emotional residue of exposure to working with the suffering...

...not only the normal stress or dissatisfaction of work, but also with the emotional and personal feelings for the suffering.

Compassion Fatigue is a state of tension and preoccupation with the individual or the cumulative trauma of clients, as manifested in one or more ways including re-experiencing the traumatic event, avoidance/numbing of reminders of the event, and persistent arousal

Compassion Fatigue is...

Ongoing State of Tension

Preoccupation with a Patient/Family

Cumulative trauma

Re-experience of the trauma avoiding/numbing the reminders of the event and persistent arousal

Absorption of the trauma through the eyes and ears of your clients



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Symptoms of Compassion Fatigue

- Irritability
- Sleeplessness
- Avoiding friends
- Isolating
- Anxiety
- Emotional Withdrawal
- Feelings of Helplessness and Inadequacy
- Destructive Behavior
- No Pleasure Anymore
- Turning from Your Belief System

A stylized, monochromatic illustration of a plant with several large, pointed leaves and a cluster of small, round buds or flowers, set against a dark brown background on the left side of the page.

HELPING, FIXING, SERVING

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Healing and Living With

Home Health Care Clinical Notes Fall 2007 "Overcoming Compassion Fatigue: 8 Tips for Professionals-Francis Mathieu, M.Ed, CCC

Healing...

Discover who/what's on your plate

Self-Care Idea Collection

Rebalance your Workload

Ask for Help

Have a Transition from Home to Work

Learn to Say No More Often...

Saying NO

“ A no uttered from the deepest conviction is better than a “yes” merely to please or, what is worse, to avoid trouble.”

Mahatma Gandhi

Healing...

- Discover who/what's on your plate.
- Start a self-care idea collection.
- Rebalance your workload.
- Ask for help.
- Have a transition from work to home.
- Learn to say no more often
- Assess your trauma inputs.
- Exercise
- Spiritual. Prayer and Meditation

So Now What?

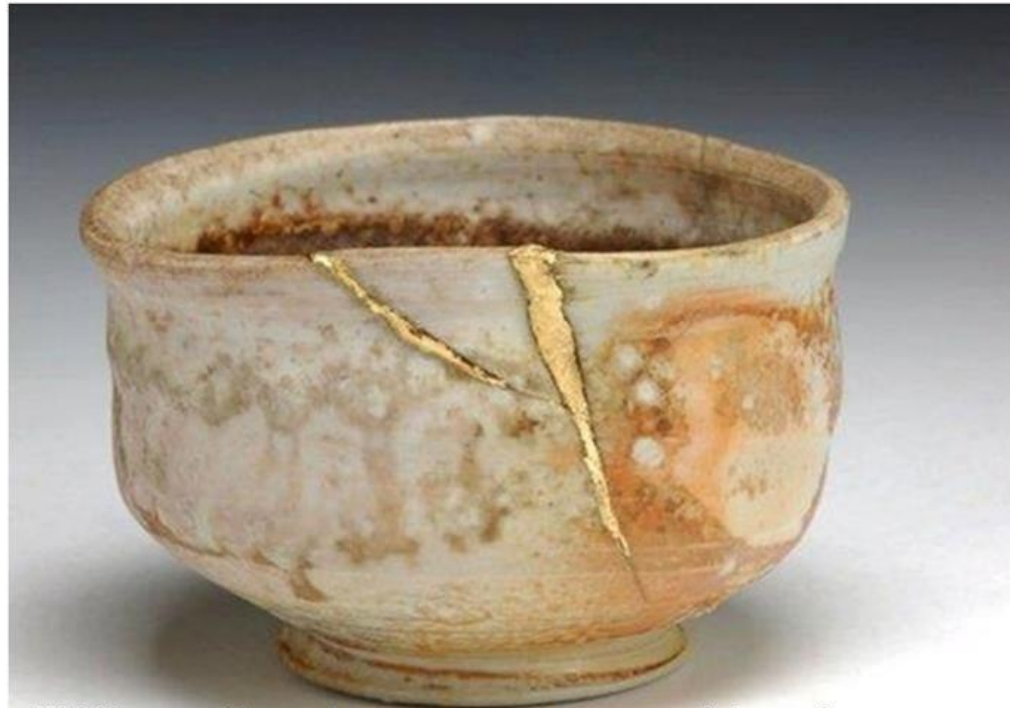
What are You Going to Do?



ALCHEMY OF HEALING

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"When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something's suffered damage and has a history it becomes more beautiful."

Billie Mobayed

Take care of you

Fill the cracks with gold

Live from First Cup

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Credits

© 2003 Compassion Fatigue Awareness Project –
www.compassionatefatigue.org

Trauma Stewardship: An Everyday Guide to Caring for Self While
Caring for Others

To Weep For A Stranger: Compassion Fatigue in Caregiving