

*Compassion*

*Fatigue*

Awareness

*and*

Intention

disease?

dis - ease

*Compassion*

# Compassion Fatigue/PSTD / STSD

- \*isolation
- \*lack of energy
- \*substance abuse
- \*self criticism/self judgment
- \*feelings of inadequacy
- \*trouble sleeping or concentrating
- \*increased anger, frustration or irritability
- \*survivor guilt/shame
- \*hyperarousal(chronic)
- \*re-experiencing of traumatic event
- \*nightmares
- \*avoidance of places that trigger flashbacks
- \*depression
- \*hopelessness/emotional flatness

# Workplace Environment

support

recognition

appreciation

# The Triangle

RESCUER

VICTIM

PERPETRATOR

*Compassion*

*“I cannot pour from an empty pitcher.”*

# Self care—what you can do

- \*eat regularly (real food!)
- \*exercise (yoga, biking, hiking, walking)
- \*breathe
- \*journal/diary
- \*channel anger constructively
- \*pray
- \*spend time in nature
- \*laugh, cry, play!
- \*practice gratitude
- \*meditate
- \*learn a new aspect of your job
- \*take a class in something just for fun!
- \*learn to negotiate for your needs
- \*practice forgiveness (for others and yourself)
- \*learn to appreciate yourself and others (give yourselves credit!)
- \*talk to others who understand

*Ceremony*

and Ritual

When you need a little more help...  
Finding a counselor or therapist

animal connection

compassion fatigue/PTSD

trauma work

EMDR/E.F.T.

non-violent communication

gestalt

action methods

somatic experiencing

*“May all beings everywhere, plagued by sufferings of body  
and mind, obtain an ocean of joy and happiness by  
virtue of my merits.”*

– the Dalai Lama