

# COMPASSION FATIGUE

*Presented by:*

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# WEBINAR HOUSEKEEPING

## WELCOME

*All lines have been muted.*

*Please type any questions into the chat or Questions panel and we will do our best to answer them all at the end.*

*All handouts and a copy of the presentation slides are available in the Handouts panel.*

*Please complete the survey that will be emailed out after the presentation*

*A recording will be added to the library of HAWP webinars on our website within 48 hours.*

*Special thanks to our supporting partner ASU Center for Mindfulness for their generous support in making this webinar possible.*

# **Compassion Fatigue Workshop**



Hanna Layton

Management Intern

Center for Mindfulness, Compassion and  
Resilience

# Centering Practice

# What is Compassion Fatigue?

- Natural consequent behaviors and emotions of stress
- Result from caring for others traumatized or suffering
- A set of symptoms, not a disease
- Treatment helps

# Compassion Fatigue

Overeating

Isolation

Substance use

Stomach pains

Poor self-care or  
hygiene

Denial

Not enjoying favorite  
activities

Preoccupied

Recurrent nightmares

Difficulty concentrating

Apathy

Mentally and  
physically tired



Bottled up emotions

Excessive blaming

# Long Term Effects

Trouble with stress management



Recurring painful memories



Relationship challenges



Loss of independence



# Risk factors

## **Occupation:**

Working in high demand populations (critical care, mental health, social work, education)

## **Personal Characteristics:**

Coping styles, problem solving skills, confrontation, professional expectations

## **Organizational Characteristics:**

Patient to caregiver ratio, social support, degree of autonomy, high management turnover rate, chronic absenteeism, friction between employees

## **Work-life issues:**

Work overload, lack of reward, lack of control, value conflict

## **Environmental:**

When our social/ collective wellbeing is threatened or at risk

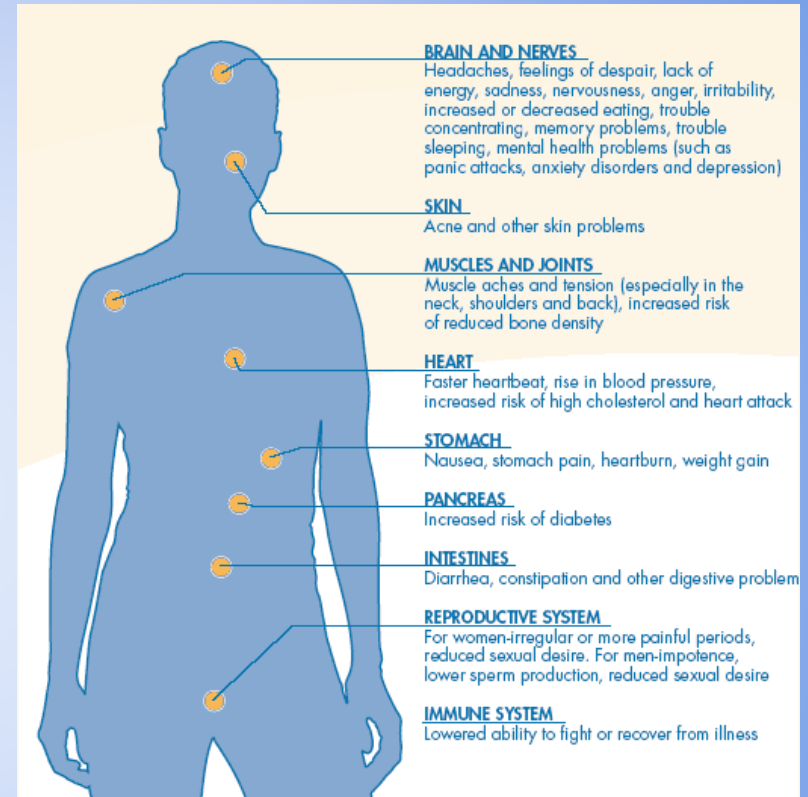
# STRESS

How do you experience stress?

Stress impacts:

Cardiovascular  
Endocrine  
Muscular  
Integumentary

Cognitive  
GI  
Skeletal  
Immune



AND Hijacks creativity, effects emotion regulation, and increases fear

## Resilience:

“The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems or workplace and financial stressors. It means “bouncing back” from difficult experiences.”

American Psychological Association

Fill your cup



# Self-compassion

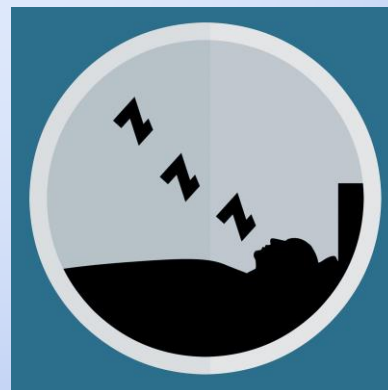
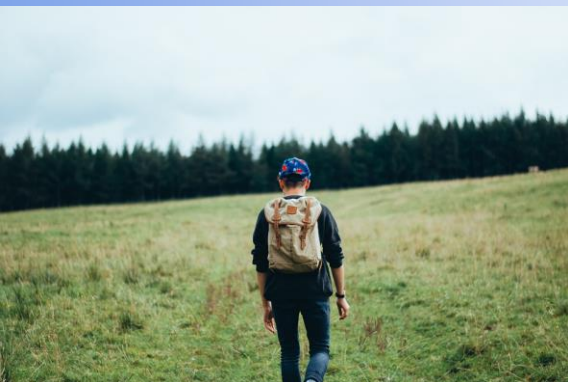
Self-compassion can be understood as giving ourselves the same care and attention we would give to our best friend in a time of need.

Comprised of three different elements:

- Self-Kindness (as opposed to Self-Judgement)
- Common Humanity (as opposed to Isolation)
- Mindfulness (as opposed to over-identification)

Notice: How do you speak to yourself?

# How to Promote Compassion Resilience



# Self-Care Bingo

Go for a walk	Go on a friend date	Spend time with an animal	Take a nap	Create a morning ritual
Meditate	Journal	Watch a sunrise or sunset	Make yourself your favorite dinner AND dessert	Garden or adopt a houseplant
Listen/ dance to your favorite song	Turn your phone off for a day	YOUR CHOICE	Sit in the sun	Write yourself words of affirmation
Stretch for 5 minutes	Plan something to look forward to	Take a nature break	Get active in a way that feels good for you	Take a day off
Read for fun	Indulge in a positive or funny podcast	Lose yourself in a hug with someone you love	Give yourself a spa treatment/ day	Spend time expressing emotions (its okay to cry!)

A photograph showing two hands, one from the left and one from the right, reaching towards each other and holding each other. The hands are silhouetted against a bright sun, which creates a lens flare effect. The background is a clear blue sky with some tall grass in the foreground, slightly out of focus.

# Love and Kindness Meditation

May (I, you, they) live with ease

May (I, you, they) be happy

May (I, you, they) be free from pain



**PLEASE ENTER YOUR  
QUESTIONS IN THE CHAT.**



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Healthy Arizona Worksites Program



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A background image of a cityscape with mountains in the distance, overlaid with a semi-transparent blue filter. The text "CONTACT US" is centered over this image in a large, white, bold, sans-serif font.

**CONTACT US**



**THANK YOU  
FOR WATCHING!**

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