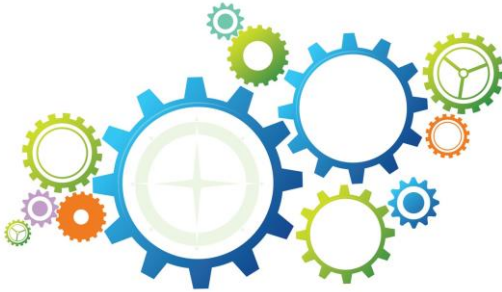




The Power of Compassion In Vulnerable Times

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Key Points from Compassion Resilience Toolkit



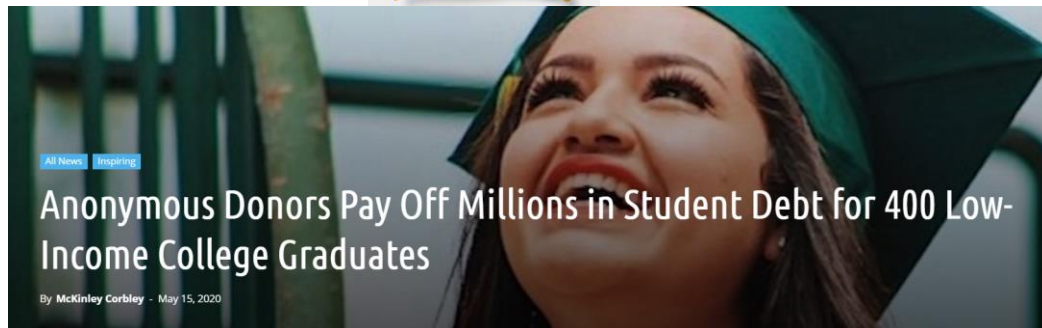
Compassion Resilience: The power to return to a position of empathy, strength, and hope after the daily witnessing of the challenges students, families and colleagues face in our community and the realities of the workplace. To be optimistic in an imperfect world.



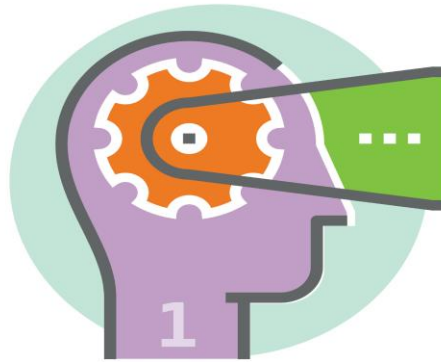
The witnessing of another's pain paired with the desire to alleviate it.



Compassion In Action



Session 1: Compassionate Action Steps



1 NOTICE

Be present in the moment and able to recognize signs of distress.



2 SELF CHECK

Be aware of your initial thoughts and feelings.



3 SEEK UNDERSTANDING

Suspend appraisals. Listen for feelings and strengths.



4 TAKE ACTION

Be aware that intention alone is not compassionate action.



5 DISCERN BEST ACTION

Co-plan with the person to figure out what would be helpful to them.



6 CULTIVATE EMPATHY

Develop genuine concern based on your connection to what the person is feeling.



ZEALOT — We are committed, involved, and available, ready to problem solve and to make a difference. We are willing to go the extra mile.



IRRITABILITY — Anger and cynicism, diminished creativity, sadness, feeling helpless or hopeless.



WITHDRAWAL — Overwhelmed by complexity, chronic exhaustion, physical illness, difficulty empathizing, feeling numb to other's pain, absenteeism.



Compassion Fatigue's Path

(Cycle is from work of Eric Gentry, PhD, 2012)

Unwell vs. Renewal

BURN OUT


COMPASSION RESILIENCE

UNWELL vs. RENEWAL — A place of illness, fatigue and state of overwhelm or hardiness, resiliency, and transformation.




ZOMBIE — A sense that you can't ever do enough, inflated sense of importance, sleeplessness, sense of persecution.





How do you want to see it on
your team?



What Is Self-Compassion?



Self-Kindness

Be loving towards ourselves instead of self-critical.



Common Humanity

Everyone suffers. You are not perfect. No one is. You are not alone.

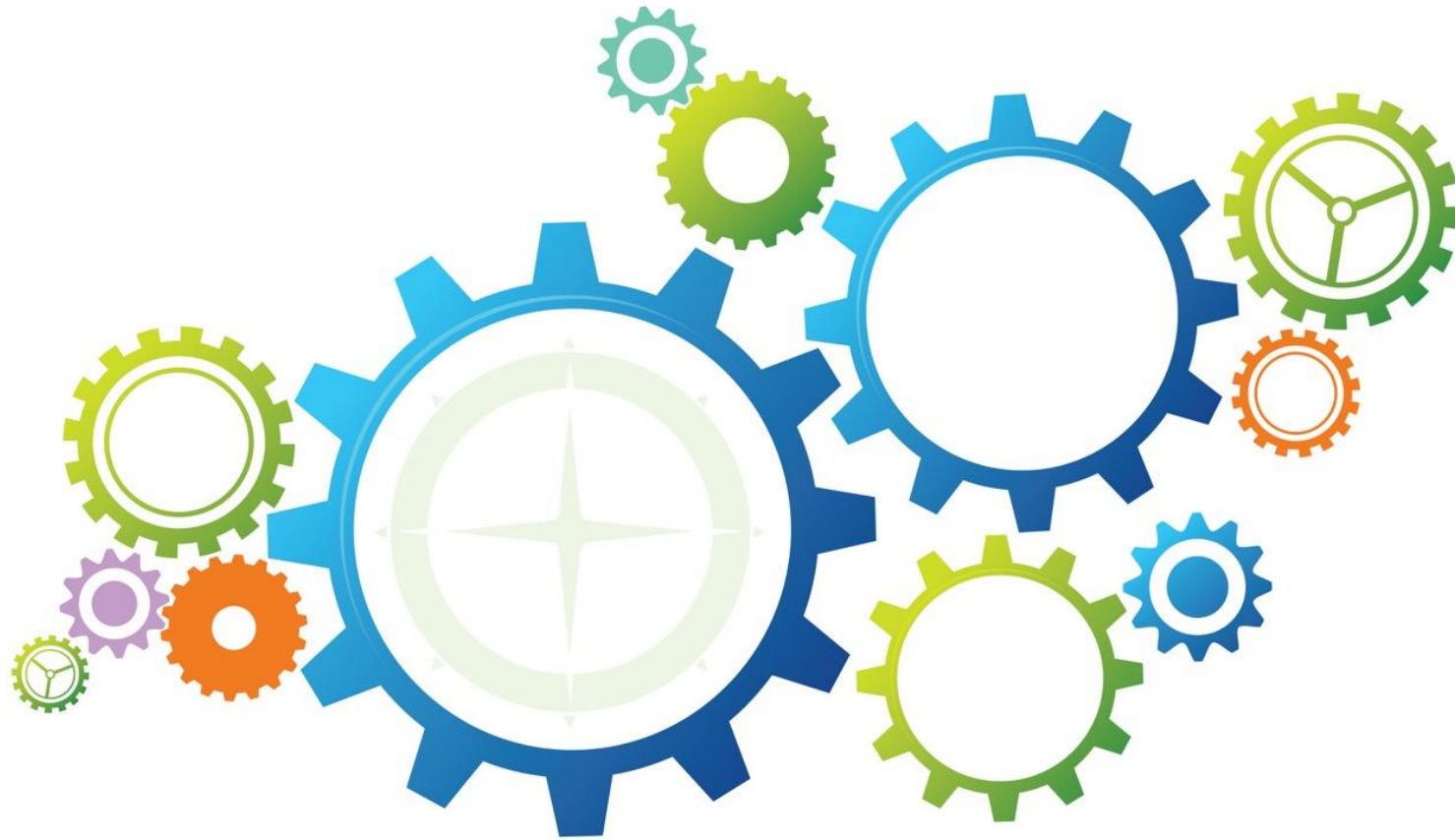


Mindfulness

Notice our struggle. Feel it, instead of being reactive. Be with it, avoiding self-judgment or overreaction.

When you feel like you have fallen short,
how do you practice self-compassion?

Personal Drivers of Compassion Fatigue and Resilience & Your Locus of Control



Expectations

- 1) How have your expectations shifted due to Covid-19?
- 2) What is an example of an unrealistic expectation you have for yourself professionally? What impact does this have on your relationships?
- 3) What is an unstated expectation you think someone else has of you? How could you clarify this expectation with them?

Shifting Unrealistic Expectations to Affirmations



Example: I will do the best I can given the resources I have available to me at this time.

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Thank you for the work you
do everyday to support
students, school staff and
each other

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wise END
STIGMA
TOGETHER
one story at a time

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