

COMPASSION FATIGUE

A MORE ACTIVE APPROACH
THROUGH **MINDFULNESS**

A SKILL BUILDING
SESSION

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November 9, 2018
The Association for Animal Welfare
Advancement



Good Morning
Let the
Stress
Begin...

**Characteristics that Increase the Possibility of
Compassion Fatigue**

- Perfectionism
- Control issues
- Intense sense of responsibility
- Difficulty asking for help
- Unrealistic expectations
- Difficulty taking vacations without being “connected”

Psychological Symptoms of Compassion Fatigue

- ◆ Irritable
- ◆ Overwhelmed by volume and content of work
- ◆ Less empathy
- ◆ Increased cynicism
- ◆ Depersonalize others
- ◆ Less professional
- ◆ Addictive behaviors
- ◆ Relationship distress
- ◆ Make more errors
- ◆ Depression
- ◆ Suicide

****High Turnover****

DEFINITIONS

- 1. SYMPATHY-- feeling sorry for another's hurt**
 - emotional distance
 - can tip into pity (dehumanizes)
- 2. EMPATHY – walking in another's shoes**
 - feeling the pain they are feeling
- 3. COMPASSION – love in action**
 - **sensitivity** to the suffering of others
 - with a **deep commitment** to try and relieve it
 - translating feelings into action

“to suffer together”

Why Mindfulness?



Mindfulness Practice



What is Mindfulness?

- Paying attention on purpose
- In the present moment
- Non-judgmentally



***WITH KINDNESS AND CURIOSITY**

Mindfulness Practice (body scan)



Triangle of Awareness

Breaking autopilot by bringing awareness to body sensations, thoughts, & emotions



MINDFUL LISTENING/COMMUNICATION



Principles to Guide a Learning Community

1. **Show up, or choose to be present.**
2. **Pay attention to what has heart and meaning.**
3. **Speak the truth without blame or judgment**
4. **Be open to outcome, not attached to outcome**

Angeles Arrien, PhD, *The Four-Fold Way: Walking the Path of the Warrior, Teacher, Healer and Visionary*, 1993 Harper, San Francisco

Benefits of Mindfulness:

Increased:

- ◆ Empathy
- ◆ Self-compassion
- ◆ Serenity/Inner Peace
- ◆ Client satisfaction
- ◆ Effective communication/Ability to listen
- ◆ Positive mood

Decreased:

- ◆ Perceived stress
- ◆ Exhaustion
- ◆ Professional isolation
- ◆ Anger
- ◆ Fatigue
- ◆ Depression
- ◆ Symptoms of burnout



S-Stop

T-Take a deep breath

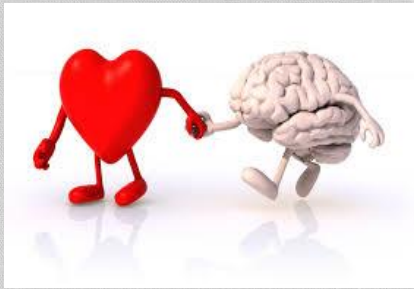
O-Observe Open

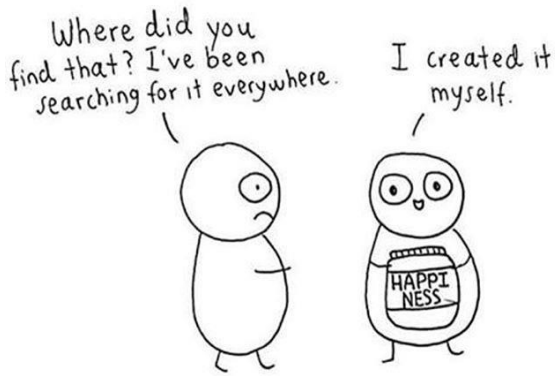
P-Proceed, Park



LOVING-KINDNESS PRACTICE

“Peace Practice”





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THANK YOU!

Any Questions?
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Free 7 day Mindfulness
Challenge at:
www.erinsharaf.com

