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?**

*Mind Full, or Mindful?*
Mindfulness Practice

What is Mindfulness?
• Paying attention on purpose
• In the present moment
• Non-judgmentally

*WITH KINDNESS AND CURIOSITY

Mindfulness Practice (body scan)
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”
References:


THANK YOU!

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