



COMPASSION FATIGUE
IRELAND

***“Compassion Fatigue, Self-Care and
Burnout”***

Venue: The Westport Plaza Hotel

Date: 11th October, 2019

Compassion Fatigue

- ▶ Style of Burnout (Emotionally Invested)
- ▶ Emotional/Psychological/Empathy Fatigue
- ▶ Experienced due to Chronic use of Empathy
- ▶ Strong Correlation - Previous Experiences & Career



Wounded Healer

- ▶ Wounded Healer/Fixers (Carl Yung)
- ▶ Feelings of impulse to 'fix' people
- ▶ Little self-awareness of our own wounds
- ▶ Trying to fix others at the detriment of own well-being



Vicarious Trauma

- ▶ Also referred to as 'Secondary Traumatic Stress'
- ▶ Feeling traumatised by external trauma
- ▶ Face to face, tv/radio, social media
- ▶ Lack of awareness of this process
- ▶ Experienced by highly empathetic individuals

Signs & Symptoms

- ▶ Feeling physically and emotionally exhausted
- ▶ Struggle to show empathy to others
- ▶ Dread of facing work and clients
- ▶ Tolerance levels low, small tasks become overwhelming
- ▶ Not being able to detach

Signs & Symptoms

- Trouble sleeping
- Feeling critical of oneself
- Extreme feelings of distraction
- Projection of frustration
- Substance abuse/unhealthy decisions/risk taking

Warning Zones:

- ▶ **Green Zone – Healthy**
- ▶ **Yellow Zone – Reacting**
- ▶ **Orange Zone – Injured**
 - ▶ **Red Zone – Unwell**

How to Recover from Compassion Fatigue

- ▶ Be aware of your Burnout Zones
- ▶ Prioritise Your Self-Care
- ▶ Awareness of problem
- ▶ Create a self-care plan (make time)
- ▶ Strengthen your resilience “fill up, empty out”
- ▶ Be mindful and present
- ▶ Focus on what works for you

How to Recover from Compassion Fatigue

- Tell somebody/seek support
- Boundaries – say NO!!!
- Organisation skills (Stephen Covey) and journaling
- Activities and exercise, healthy diet and plenty sleep
- “Rest when you’re well”



What is Self-Care?

- The practice of taking action to preserve or improve one's wellbeing
- Raising your awareness levels regarding your triggers and what depletes your energy levels
- Being self-compassionate to yourself and giving yourself permission to stop and recharge your batteries
- Self-care is not selfish, it is a **NECESSITY!!**

Any questions?



**Thank You All For Your Participation
and Wishing You a Safe Journey
Home.**



COMPASSION FATIGUE
I R E L A N D

