


## Professional Self-Care Series

July 7      **Burnout, Stress, Resilience, OH MY!**  
 July 21     Practicing Self-Compassion  
 August 4    The Compass Wellness Model  
 August 18   Reconnecting with Purpose  
 September 1   Saying "No" to say "Yes" at Work

 WICHITA STATE UNIVERSITY  
 COMMUNITY ENGAGEMENT INSTITUTE  
 Center for Public Health Initiatives

**IOWA** College of Public Health




- Wellness
- Self-Compassion
- Compassion Fatigue
- Compassion Resilience



<https://compassionresiliencetoolkit.org/>

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Self-compassion is extending kindness to ourselves in instances of perceived inadequacy, failure, or our own general suffering.



Compassion is a two-way street.

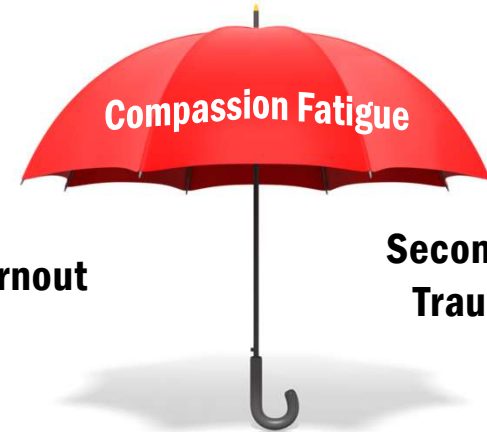
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Compassion Fatigue

Burnout

Secondary Trauma

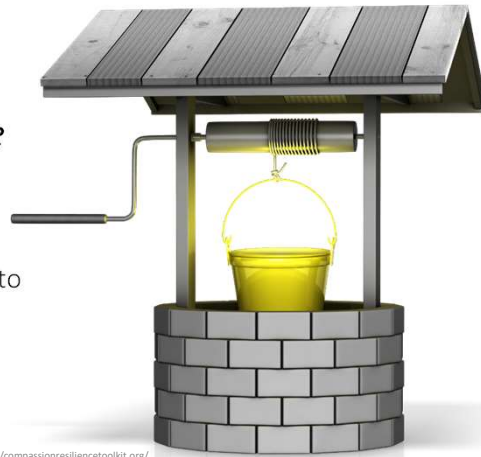


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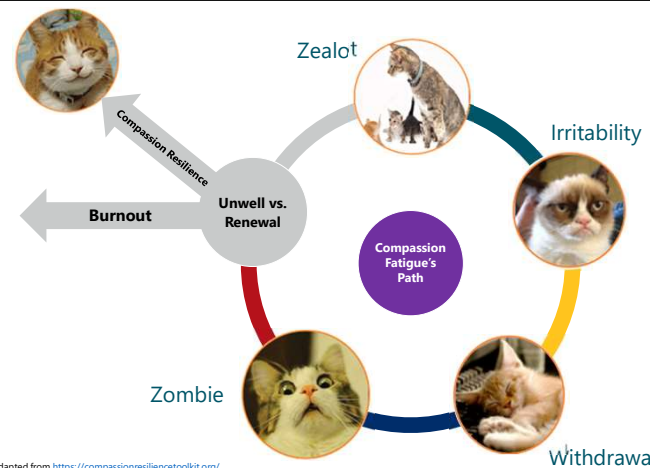
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### *Compassion resilience*

is the ability to maintain our physical, emotional, and mental well-being while responding compassionately to people who are struggling.

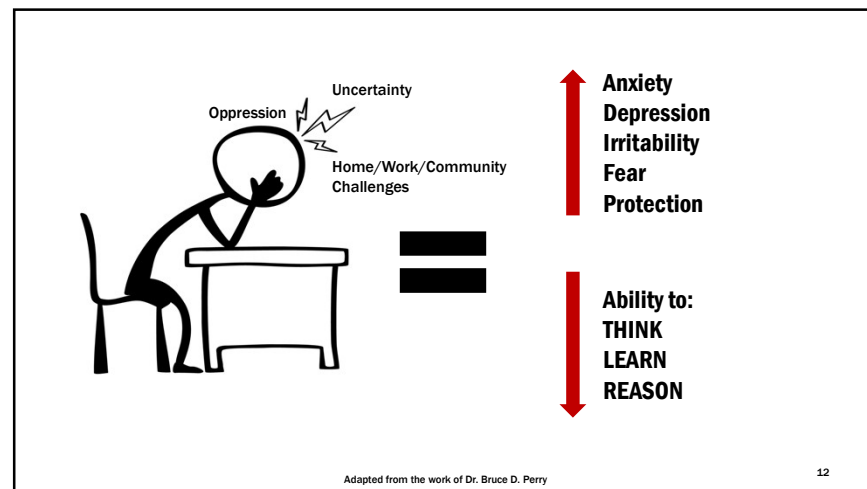
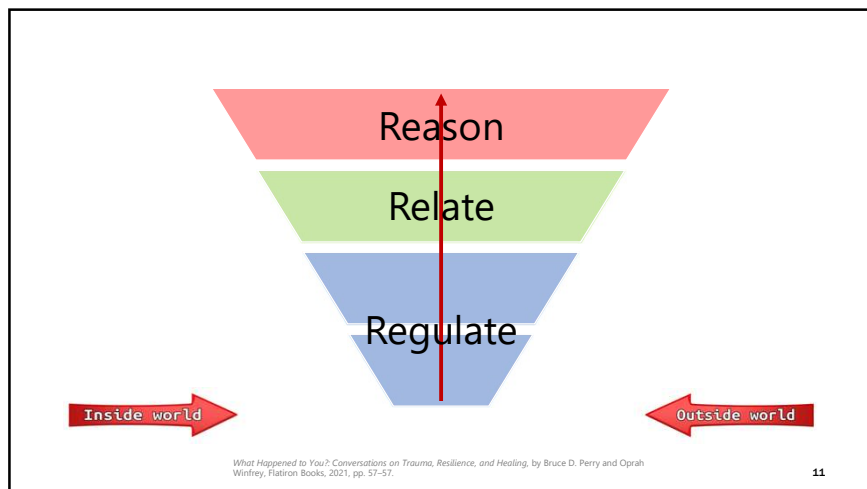
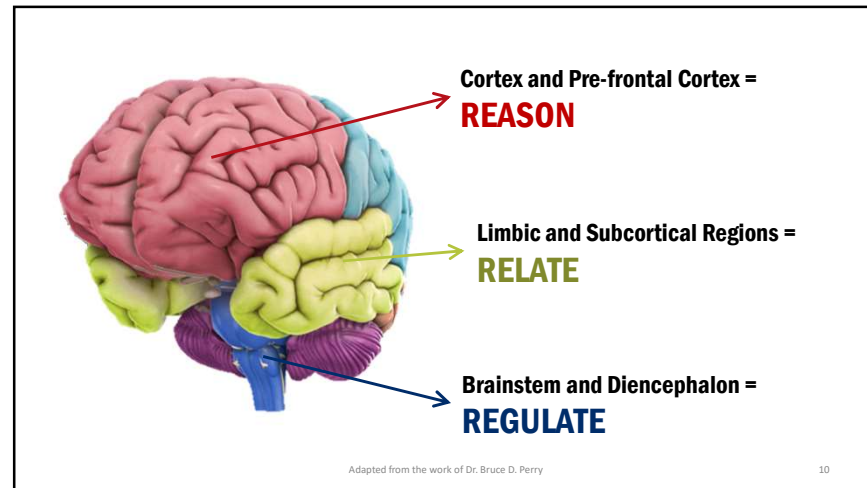
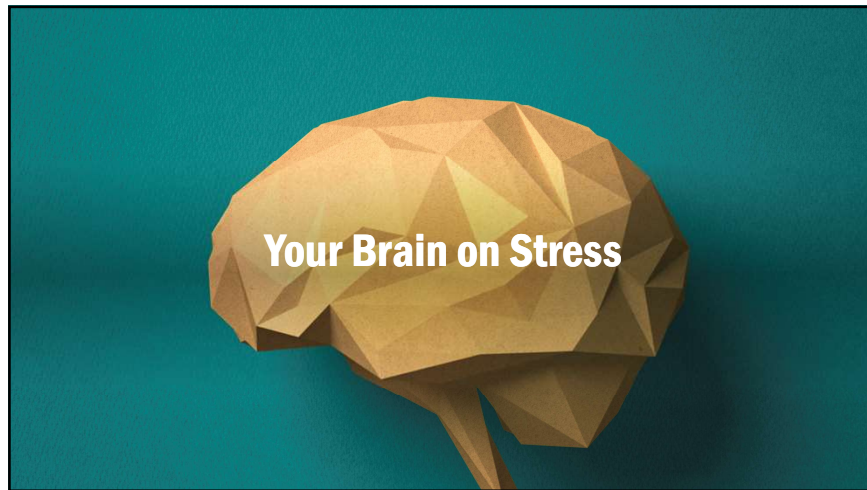


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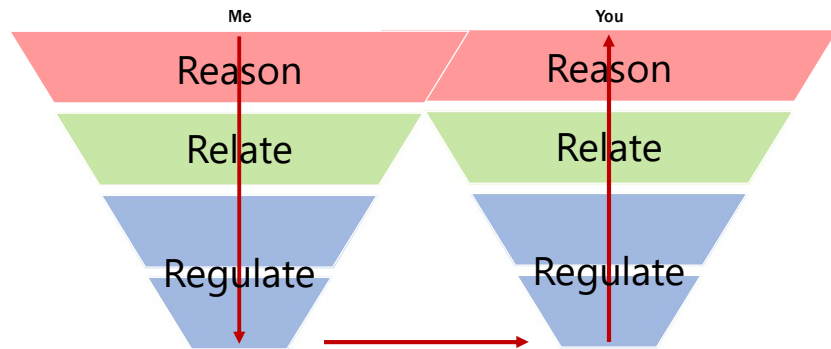


Materials adapted from <https://compassionresiliencetoolkit.org/>

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## Stress Impacts Communication



Adapted from the work of Dr. Bruce D. Perry

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## Creating a Self-Regulation Response Plan



- How do you know when you are so upset that you find yourself reacting vs. responding?
- If you are honest with yourself, what are the situations when you are most often likely to “flip your lid”?
- What will be your five-step plan for coping in a safe way and reconnecting?

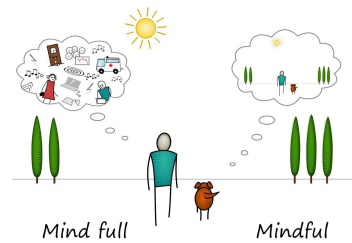
Adapted from the work of Dr. Sandra Bloom – Author and Creator of [The Sanctuary Model](#)

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## Ideas for Reconnecting

- Go to a “safe” space
- Breathe
- Ask for a break
- “Doorknob” Practice – S.T.O.P.
- 5-4-3-2-1 Exercise
- Go for a walk
- Connect with a friend/co-worker
- Encouraging self-talk
- Others?



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## HEART: Commonalities to Build Compassion

With your attention geared to the other person, tell yourself:

- Step 1: “Just like me, this person is **seeking happiness** in their life.”
- Step 2: “Just like me, this person is **trying to avoid suffering** in their life.”
- Step 3: “Just like me, this person **has known sadness, loneliness, and despair.**”
- Step 4: “Just like me, this person is **seeking to fulfill their needs.**”
- Step 5: “Just like me, this person is **learning about life.**”

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