



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



System Drivers of Compassion Fatigue

Drivers of fatigue/resilience

For this area of my life....

<u>What drives my fatigue</u> (drains my energy)?	<u>What drives my resilience</u> (feeds my energy)?
No control = What can I do differently?	
Some <u>control</u> = How can I do more/build on this strength?	

Materials adapted from <https://compassionresilience toolkit.org/>

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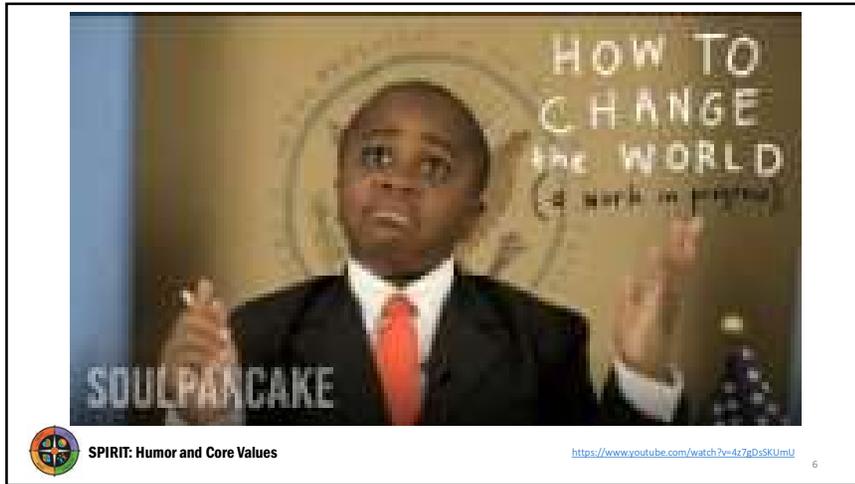
Can be completed with teams at any level:

- Brainstorm:
 - What about the systems in which we work and those that set local, state, and national policy & regulations has a negative impact on the ability to do your work?
 - What about the systems drive your resilience?
- Then, sort these into categories:
 - Things we have little to no control over (strike through)
 - Things that leadership could have some control over (Mark with an "L")
 - Things that we have some level of control over (circle)
- For things you can't control...how much time is spent talking about these things?
- For those with Leadership control...discuss and report back to staff.
- For those you can control...what action steps can you take in the near future?



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In the Zoom chat:

Name one strategy you are willing to experiment with in the next two weeks to help you reconnect with the purpose of your work.

