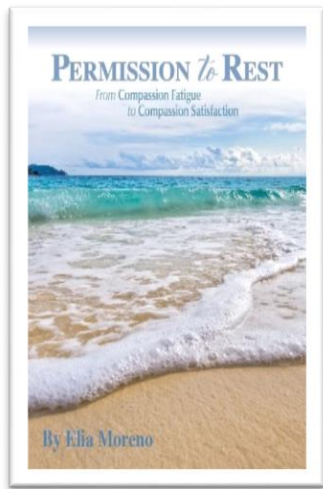


Permission to Rest



“Compassion Fatigue is a state experienced by people involved in helping professions when helping others takes a significant toll.”

“Vicarious Trauma, also known as secondary trauma, can be described “as indirect exposure to a traumatic event through first-hand account or narrative of that event.” Goodtherapy.org, July 14, 2016

Compassion Satisfaction is the sum of all the positive feelings a person derives from helping others.

From Compassion Fatigue to Compassion Satisfaction

Resilience

1. _____
2. _____
3. _____

Self-Care

1. _____
2. _____
3. _____

Self-Management

1. _____
2. _____
3. _____

Levels of Self-Care



Mind

1. _____



Body

1. _____



Soul

1. _____

What is the cost of caring?

-Figely 1982