Compassion Resilience – Self Care Snapshot Series:

Locus of Control

Emily Jonesberg, MSW, LCSW
(she, her, hers)

Toolkit url: Compassionresiliencetoolkit.org
Mindful Opening

MINDFULNESS

RELAX RELAX RELAX

Breathe

CLOUD GAZING

Exercise

Spend time with nature

Walk BAREFOOT

Open Mind

FORGIVE FORGIVE FORGIVE

Take the day for a

Plant

Cook

Take a bath

Guided meditation

Chat with friends (listen)
Building Our **Compassion** Resilience

- The power to return to a position of empathy, strength, and hope after the daily witnessing of the challenges others face in our community and in our homes.

- To be optimistic in an imperfect world.
Self-Care Snapshot

January – Recognizing Compassion Fatigue
February – Compassion in Action
March – Self-Compassion
April – Locus of Control
May – Compassionate Boundaries
June – Expectations and Affirmations
July – Wellness Strategies
August – Connecting to Our Purpose

Staying Resilient During COVID-19 with brief blogs and videos to share with others. Learn More

Facilitator resources to build the capacity of helping professionals, caregivers, and the systems in which they serve.

compassionresiliencetoolkit.org
RENEWAL vs. PATHOLOGY — Leaving the profession, physical and mental illness, chronic symptoms or hardness, resiliency, transformation.

ZEALOT — We are committed, involved, and available, ready to problem solve and to make a difference. We are willing to go the extra mile.

IRRITABILITY — Anger and cynicism, diminished creativity, sadness, feeling helpless or hopeless.

WITHDRAWAL — Overwhelmed by complexity, chronic exhaustion, physical illness, difficulty empathizing, feeling numb to other’s pain, absenteeism.

ZOMBIE — A sense that you can’t ever do enough, inflated sense of importance, sleeplessness, sense of persecution.

Compassion Fatigue’s Path

(Cycle is from work of Eric Gentry, PhD, 2012)
Drivers of Compassion Fatigue and Resilience

Fatigue
• My daughter’s tantrums
• Health concerns in loved ones
• Being understaffed at work
• Doing projects outside my scope of work

Resilience
• My daughter’s laugh
• Walks in nature on warm days
• Supportive coworkers
• Seeing my personal values connected to my work
### Drivers of Compassion Fatigue and Resilience

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A Break for our SPIRIT

When do you feel most alive, most like yourself? What are you doing?

What or with whom are you surrounded?
Thank you for your time and attention.

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