



Compassion Resilience – Self Care Snapshot Series:

Locus of Control

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

Toolkit url: Compassionresiliencetoolkit.org

ROGERS
Behavioral Health

wise END
STIGMA
TOGETHER
one story at a time

MINDFULNESS



RELAX
RELAX
RELAX

Breathe

CLOUD GAZING

exercise

Spend time with nature

WALK BAREFOOT

Open mind

guided meditation

Plant

COOK

Take a bath

chat with friends

~~listen~~

Take the dog for a walk

FORGIVE
FORGIVE
FORGIVE

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.



A Toolkit For Schools



A Toolkit For Health and Human Services



A Toolkit For Parents and Caregivers

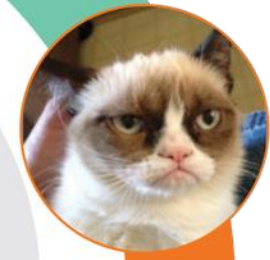
compassionresiliencetoolkit.org



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.



Compassion Fatigue's Path

(Cycle is from work of Eric Gentry, PhD, 2012)

Renewal vs. Pathology

LEAVE PROFESSION

COMPASSION RESILIENCE

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



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



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



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

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



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?



**GRANT ME
THE SERENITY**

TO ACCEPT THE THINGS
I CANNOT CHANGE,
THE COURAGE TO CHANGE
THE THINGS I CAN, AND
THE WISDOM TO KNOW
THE DIFFERENCE.

-NIEBUHR-

Thank you for your time and attention.

Emily Jonesberg
Rogers Behavioral Health
Emily.Jonesberg@rogersbh.org