Compassion Resilience – Self Care Snapshot Series:

Connecting to our Purpose

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(she, her, hers)

Toolkit url: Compassionresiliencetoolkit.org
Mindful Opening

MINDFULNESS

- Breathe
- Cloud Gazing
- Relax
- Walk Barefoot
- Open Mind
- Forgive
- Cook
- Take a bath
- Chat with friends
- Guided meditation
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
UNWELL vs. RENEWAL — A place of illness, fatigue and state of overwhelm or hardiness, resiliency, and 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.

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.
Connected to and fulfilling our purpose

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Compassion Resilience
Personal Values

What are 2-3 core values that are of importance to you?

What are two examples of how you have lived your life in alignment with your values?
Knowing our Why – Values Inform our Why
Personal Mission Statement

Incorporate answers to the following questions:

• What is important to you in life?
• Who do you want to help?
• How will you get your desired result?
To live a centered life that sees challenges as opportunities and pauses to enjoy the moment; One that is balanced, meaningful and well-rounded.
Thank you for your time and attention.

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