



# Compassion Resilience – Self Care Snapshot Series:

## Connecting to our Purpose

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(she, her, hers)

Toolkit url: [Compassionresiliencetoolkit.org](https://Compassionresiliencetoolkit.org)

**ROGERS**  
Behavioral Health

**wise** END  
STIGMA  
TOGETHER  
*one story at a time*

# MINDFULNESS



Breathe

CLOUD GAZING

exercise

Spend time with nature

Walk BAREFOOT

Open mind

RELAX  
RELAX  
RELAX

guided meditation

Plant

COOK

Take a bath

chat with friends

<del>listen</del>

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](https://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)*

Unwell vs. Renewal

BURN OUT

COMPASSION RESILIENCE

**UNWELL vs. RENEWAL** — A place of illness, fatigue and state of overwhelm or hardiness, resiliency, and 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.



**Connected to and fulfilling our purpose**

**=**

**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?

**LIST OF VALUES**

Accountability	Future generations	Power
Achievement	Generosity	Pride
Adaptability	Giving back	Recognition
Adventure	Grace	Reliability
Altruism	Gratitude	Respect
Ambition	Growth	Resourcefulness
Authenticity	Harmony	Responsibility
Balance	Health	Risk-taking
Beauty	Home	Safety
Being the best	Honesty	Security
Belonging	Hope	Self-discipline
Career	Humility	Self-expression
Caring	Humor	Self-respect
Collaboration	Inclusion	Serenity
Commitment	Independence	Service
Community	Integrity	Simplicity
Compassion	Initiative	Spirituality
Competence	Intuition	Sportsmanship
Confidence	Job security	Stewardship
Connection	Joy	Success
Contentment	Justice	Time
Contribution	Kindness	Teamwork
Cooperation	Knowledge	Thrift
Courage	Leadership	Tradition
Creativity	Learning	Travel
Dignity	Legacy	Trust
Diversity	Leisure	Truth
Environment	Love	Understanding
Efficiency	Loyalty	Uniqueness
Equality	Making a difference	Usefulness
Ethics	Openness	Vision
Excellence	Optimism	Vulnerability
Fairness	Order	Wealth
Faith	Nature	Well-being
Family	Parenting	Wholeheartedness
Financial stability	Patriotism	Wisdom
Forgiveness	Patience	
Freedom	Peace	Write your own:
Friendship	Perseverance	_____
Fun	Personal fulfillment	_____

**COURAGE**works  
BRAVER LIVING | LOVING | LEADING  
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# Knowing our Why – Values Inform our Why



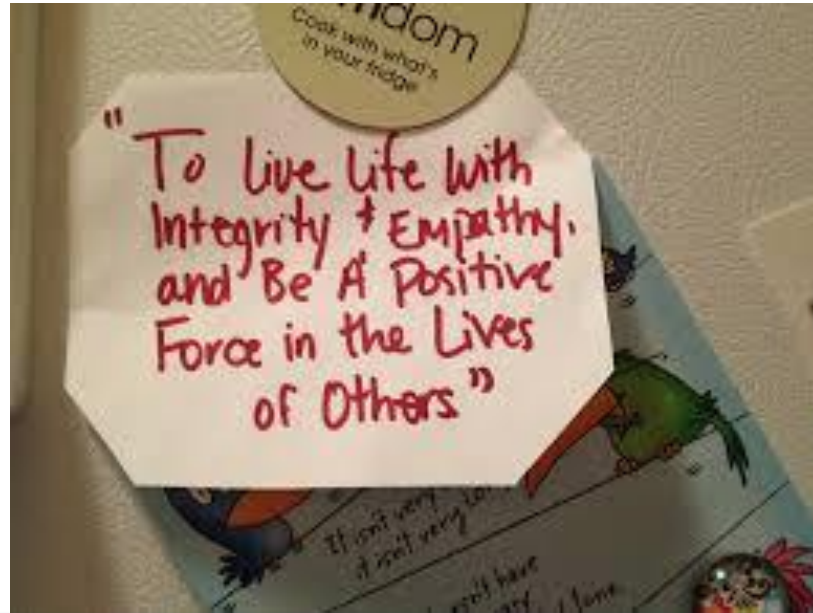


# Personal Mission Statement

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?

# Personal Mission Statement Examples



**To live a centered life that sees challenges as opportunities and pauses to enjoy the moment; One that is balanced, meaningful and well-rounded.**

## My Personal Mission Statement

It is my mission to live a life of honesty, integrity, and unconditional love;

To never lose sight of what is most important;

And to make the world a more beautiful place through art and my relationships with others.

- Christin Joy Johnson



My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style

— *Maya Angelou* —

AZ QUOTES

Thank you for your time and attention.

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