



# Compassion Resilience – Self Care Snapshot Series:

## Expectations and Affirmations

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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

Open mind

Walk BAREFOOT

RELAX  
RELAX  
RELAX

guided meditation

Plant

COOK

Take a bath

chat with friends

~~listen~~

FORGIVE  
FORGIVE  
FORGIVE

Take the dog for a walk

# 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)*

Renewal vs. Pathology

LEAVE PROFESSION

COMPASSION RESILIENCE

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

**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.



# Expectations



**SHOULD**



# Exploring Your Own Expectations

	Expectations of self	Expectations of child	Expectations of partners or extended family members	Expectations of people in helping professions
<b>Example</b>	<i>I should always stay calm when my child is upset.</i>	<i>My child should appreciate how hard I try to be a good parent.</i>	<i>My partner/family member should have the same priorities as me.</i>	<i>The people I go to for help should be able to give me accurate answers.</i>
<b>My Examples</b>				

# Types of Expectations

**Too high** - “I expect my child to be kind at all times.”

**Too low** – “Of course my child is mean to others, like all kids.”

**Not stated** – “Why do I have to tell her? She ought to know.”

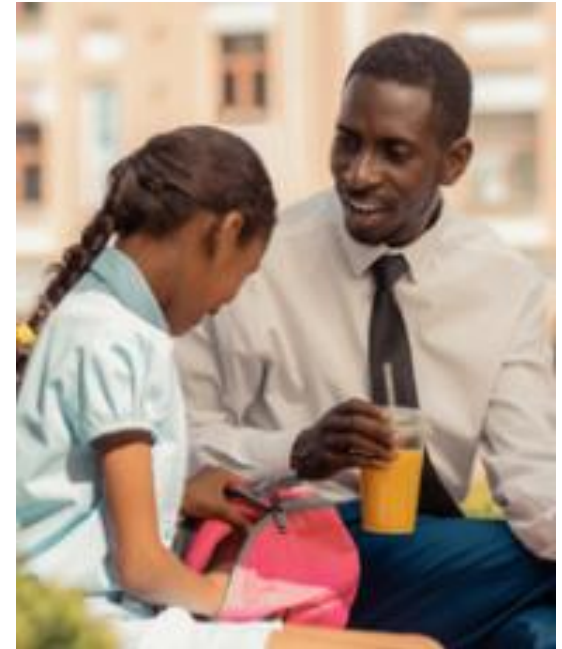
**Stated but unclear** – “Be kind!”

**Clearly stated** – “Please be a kind friend by smiling and asking her if she would like to play with you.”

**Unrecognized** – “I didn’t realize I expected my child to be kind in all social situations.”  
Often you don’t realize it is an expectation until it is not met.



Todd is undergoing his first teacher-parent conference in quite a while. He cares for his 13-year-old niece and hasn't gone to her conferences in recent years. He is excited to communicate with his niece's homeroom teacher because he has noticed his niece seems down a lot lately. He's discouraged to find that the teacher does not appear to really know his niece and doesn't seem to take the conversation as seriously as he had hoped. After this meeting, he starts to blame the teacher for his niece's moods and feels angry that she is not getting the support she needs at school.



# Impact of Temperament on Expectations



- Activity Level
- Distractibility
- Intensity
- Regularity
- Sensory Threshold
- Approach/Withdrawal
- Adaptability
- Persistence
- Mood

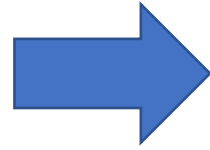


# Turning Unrealistic Expectations into Affirmations



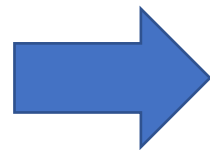
# Unrealistic Expectations into Affirmations

No matter how well I parent, it will never be good enough for my child.



I am good enough today as the person I am. While I will strive to do better in my parenting, I accept who I am today.

I can't feel good about myself unless I am successful in alleviating my child's challenges.



I will be there with my children as they face complex challenges. Together, we will learn what works and how to deal with what we cannot.

change.

Shed your shoulds.  
*{ Make your yeses count. }*

Thank you for your time and  
attention.

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