Compassion Resilience – Self Care Snapshot Series:

Wellness Strategies

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(she, her, hers)

Toolkit url: Compassionresiliencetoolkit.org
Mindful Opening
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

compassionresiliencetoolkit.org
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.

Compassion Fatigue’s Path

(Cycle is from work of Eric Gentry, PhD, 2012)
Sections 8-11: Care for Self

"Self-care is not an indulgence. Self-care is a discipline. It requires tough-mindedness, a deep and personal understanding of your priorities, and a respect for both yourself and the people you choose to spend your life with." ~Tami Forman
The Compass Wellness Practices Assessment

https://compassionresiliencetoolkit.org//media/PC_Section38_WellnessCompassAssessment_Fillable.pdf
Appreciative Inquiry Reflection on Competence

Consider for a moment the things you value deeply. Specifically, the things you value most about:
A) yourself
B) how you fulfill your role as a caregiver
C) your family
- **Core Values:** develop a personal value system that determines your personal mission and supports your sense of meaning and purpose in your work
- **Rest & Play:** balance work and play to renew yourself

**Section 9**

When do you feel most alive, most like yourself? What are you doing? What or with whom are you surrounded?
STRENGTH

- **Stress Resilience**: deal positively with the challenges of life
- **Care for My Body**: build healthy habits around your physical well-being, and to end unhealthy habits

Section 10

**Listening and Responding to Stress in your Body**

1) How does your body let you know that you are experiencing stress?

2) Which are you most likely to tell yourself when you realize you are experiencing stress?
   - i. I have done it again! What is wrong with me that I can’t stop from feeling stressed?!
   - ii. Stress is a normal part of life’s ups and downs; sometimes it can even be helpful.

3) What are two positive outcomes you have experienced as a result of feeling stress?

4) What responses to stress do you want to do more of to build your stress resilience?

5) What responses would you like to change?
- **Relationships**: create and maintain healthy connections with others in your life
- **Emotions**: express your emotions and receive others’ emotions in a healthy way

**Section 11**

### What Is Self-Compassion?

- **Self-Kindness**: Be loving towards ourselves instead of self-critical.
- **Common Humanity**: Everyone suffers. You are not perfect. No one is. You are not alone.
- **Mindfulness**: Notice our struggle. Feel it, instead of being reactive. Be with it, avoiding self-judgment or overreaction.
Thank you for your time and attention.

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