



Compassion Resilience – Self Care Snapshot Series:

Wellness Strategies

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(she, her, hers)

Toolkit url: Compassionresiliencetoolkit.org

ROGERS
Behavioral Health

wise END
STIGMA
TOGETHER
one story at a time



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.



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

COMPASSION RESILIENCE

BURN OUT

Unwell vs.
Renewal

Compassion Fatigue's Path

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



IRRITABILITY — Anger and cynicism, diminished creativity, sadness, feeling helpless or hopeless.

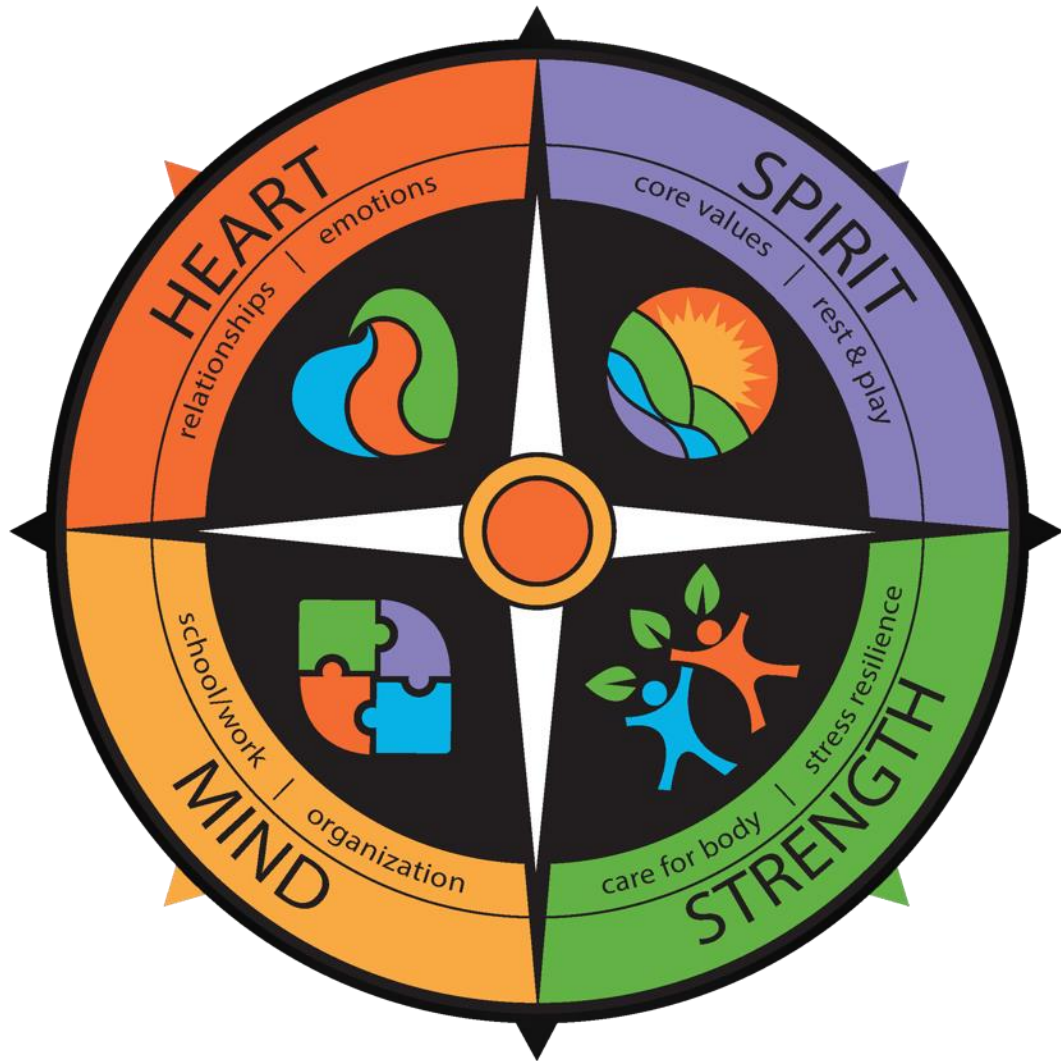


WITHDRAWAL — Overwhelmed by complexity, chronic exhaustion, physical illness, difficulty empathizing, feeling numb to other's pain, absenteeism.



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



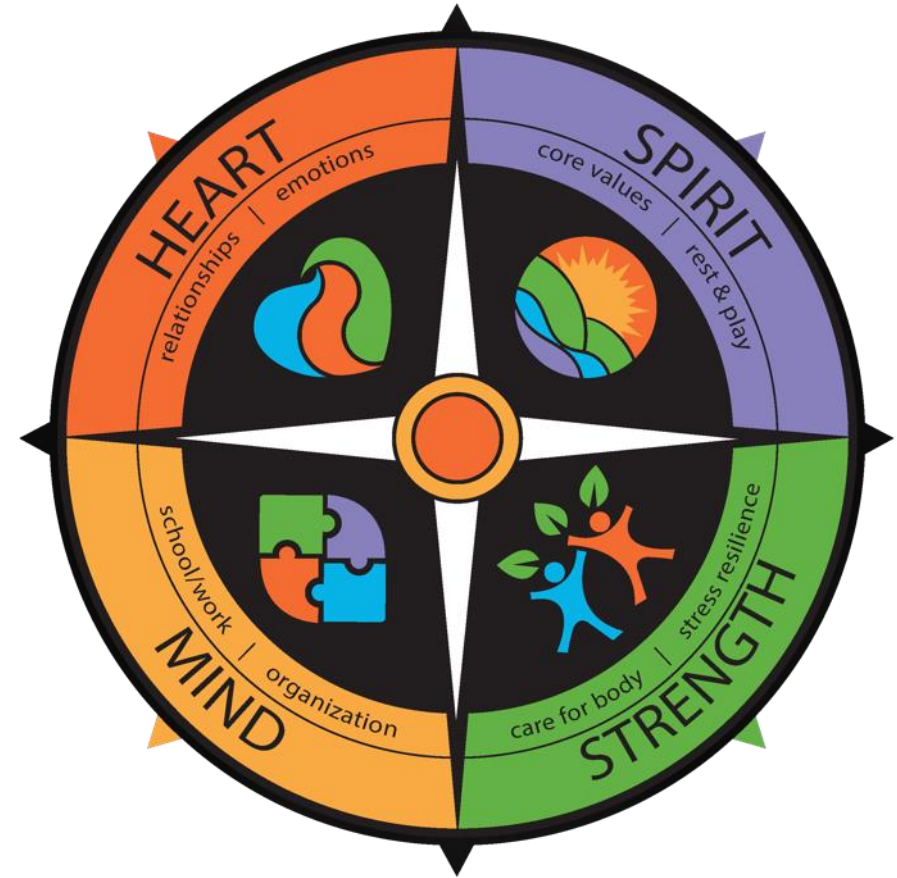


Sections 8-11: Care for Self

"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](https://compassionresiliencetoolkit.org//media/PC%20Section38%20WellnessCompassAssessment_Fillable.pdf)



MIND



Section 8

- **Work:** get the most out of educational, volunteer, and employment opportunities
- **Organization:** manage time, priorities, money, and belongings

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.



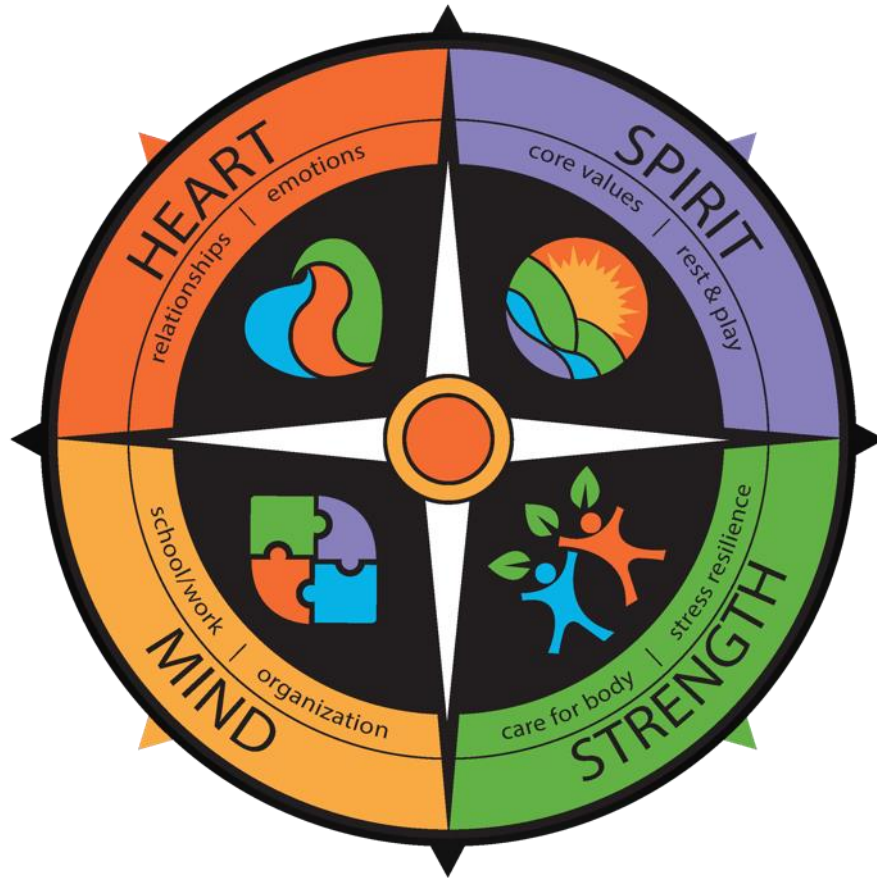
Common Humanity

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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