Compassion Resilience – Self Care Snapshot Series:

**Self-Compassion**

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Toolkit url: Compassionresiliencetoolkit.org

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An approach to build compassion resilience and address compassion fatigue in all

The ONLINE toolkit is free, flexible and available to you at any 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.

Building Our Compassion Resilience

RENEWAL vs. PATHOLOGY
- Leaning the profession, physical and mental illness, chronic symptoms of burnout, restlessness, exhaustion.

RRRIIITTIRRAARRR -- A sense that you can’t keep up, overwhelmed, inflated sense of importance, deepenes, sense of paranoia.

ZEAALUUTT -- A anger and cynicism, diminished creativity, sadness, feeling helpless or hopeless.

PATHOLOGICAL -- Overwhelmed by complexity, chronic exhaustion, physical illness, difficulty empathizing, feeling numb to others’ pain, detachment.

Compassion Fatigue’s Path (Graphic from work of Eric Gentry, PhD, 2012)

What Is Self-Compassion?

- Self-kindness: being kind, caring, and soothing to ourselves in times of suffering.

- Common Humanity: recognizing our humanness and vulnerability in times of suffering.

- Mindfulness: being present, non-judgmental, self-compassion in examination.

When you feel like you have fallen short, how do you practice self-compassion?
“Having compassion starts and ends with having compassion for all those unwanted parts of ourselves, all those imperfections that we don’t even want to look at.” - Pema Chodron

Self-Compassion Scale

Dr. Kristin Neff

https://self-compassion.org/test-how-self-compassionate-you-are/

Self Reflection Questions

If you practiced more self-compassion, what would be different in your life?
How does your level of self-compassion impact your ability to be compassionate to others?
Thank you for your time and attention.

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For additional self-compassion resources visit:
self-compassion.org