



**Compassion Resilience –
Self Care Snapshot**
**Series: *Compassion in Action* –
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Toolkit url: Compassionresiliencetoolkit.org
For ongoing support: WISE@wisconsin.org

Developed in partnership with:



Toolkit Introduction



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

compassionresilencetoolkit.org

- A tier one approach to build compassion resilience and address compassion fatigue

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

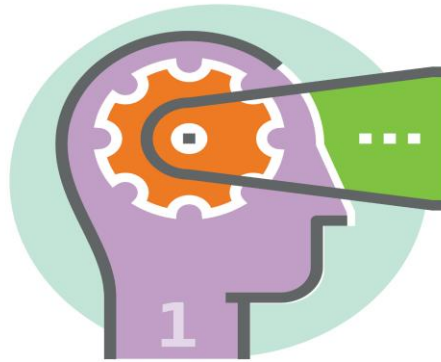
Building Our Compassion Resilience



- 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**.



Session 2: Steps to Compassionate Action...



1 NOTICE

Be present in the moment and able to recognize signs of distress.



2 SELF CHECK

Be aware of your initial thoughts and feelings.



3 SEEK UNDERSTANDING

Suspend appraisals. Listen for feelings and strengths.



4 CULTIVATE EMPATHY

Develop genuine concern based on your connection to what the person is feeling.



5 DISCERN BEST ACTION

Co-plan with the person to figure out what would be helpful to them.



6 TAKE ACTION

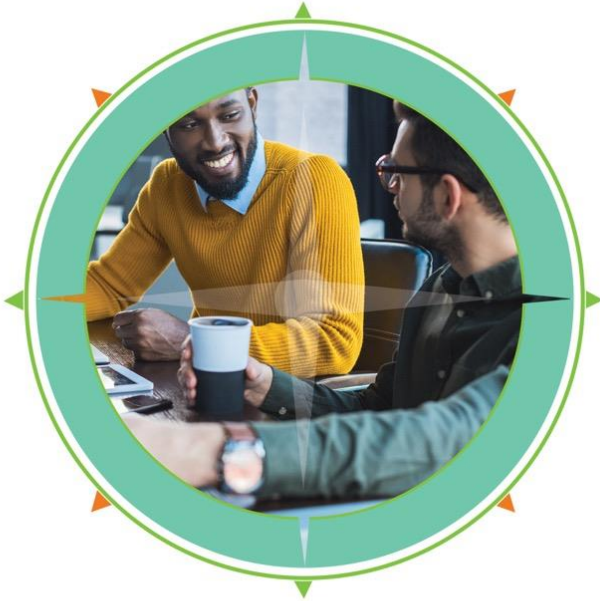
Be aware that intention alone is not compassionate action.

Compassionate Action: Scenario 1



A colleague shares with you that one of her 8 year old students is really on her mind. His family struggles and he has so much potential. He is shut down and acting out with tears and tantrums. Recently, he hit her and she didn't tell her principal to avoid consequences for him. She loses sleep and wakes up with him on her mind. She tells you that she may be the only one who can get through to him. She is considering an outing with him on a Saturday to give his family a break. She clearly cares, and she is definitely stressed.

Connect and Reflect



1. **Notice** – Be present and able to recognize signs of distress.
2. **Self-check** - Be aware of your initial thoughts and feelings.
 - What emotions arise for you in relation to this scenario?
 - What might your initial judgments be?
3. **Seek to understand** – Listen with curiosity to understand the distress from the other’s perspective. (feelings and strengths)
 - What strategies do you use to encourage the person to open-up with you?
4. **Cultivate empathy** – what emotions can you relate to?
 - Have you ever wanted to go beyond professional boundaries to assist someone? Has this ever caused you distress?
5. **Discern best action** – What do they believe is the next helpful step?
 - Is it possible that through your listening and highlighting strengths, this person may arrive at the best next step for themselves?
6. **Take action**

Self Reflections:

- 1) What makes it hard for you to notice?
- 2) What is challenging about self-check?
- 3) When has empathy proved a challenge for you?
- 4) What keeps you from going into 'fix it' mode?
- 5) Under what circumstances is lack of follow through challenging for you? And what might you do to 'close the loop' more effectively and consistently?



A Break for our HEART



Commonalities

Step 1: “Just like me, this person is seeking happiness in his/her life.”

Step 2: “Just like me, this person is trying to avoid suffering in his/her life.”

Step 3: “Just like me, this person has known sadness, loneliness and despair.”

Step 4: “Just like me, this person is seeking to fill his/her needs.”

Step 5: “Just like me, this person is learning about life.”



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