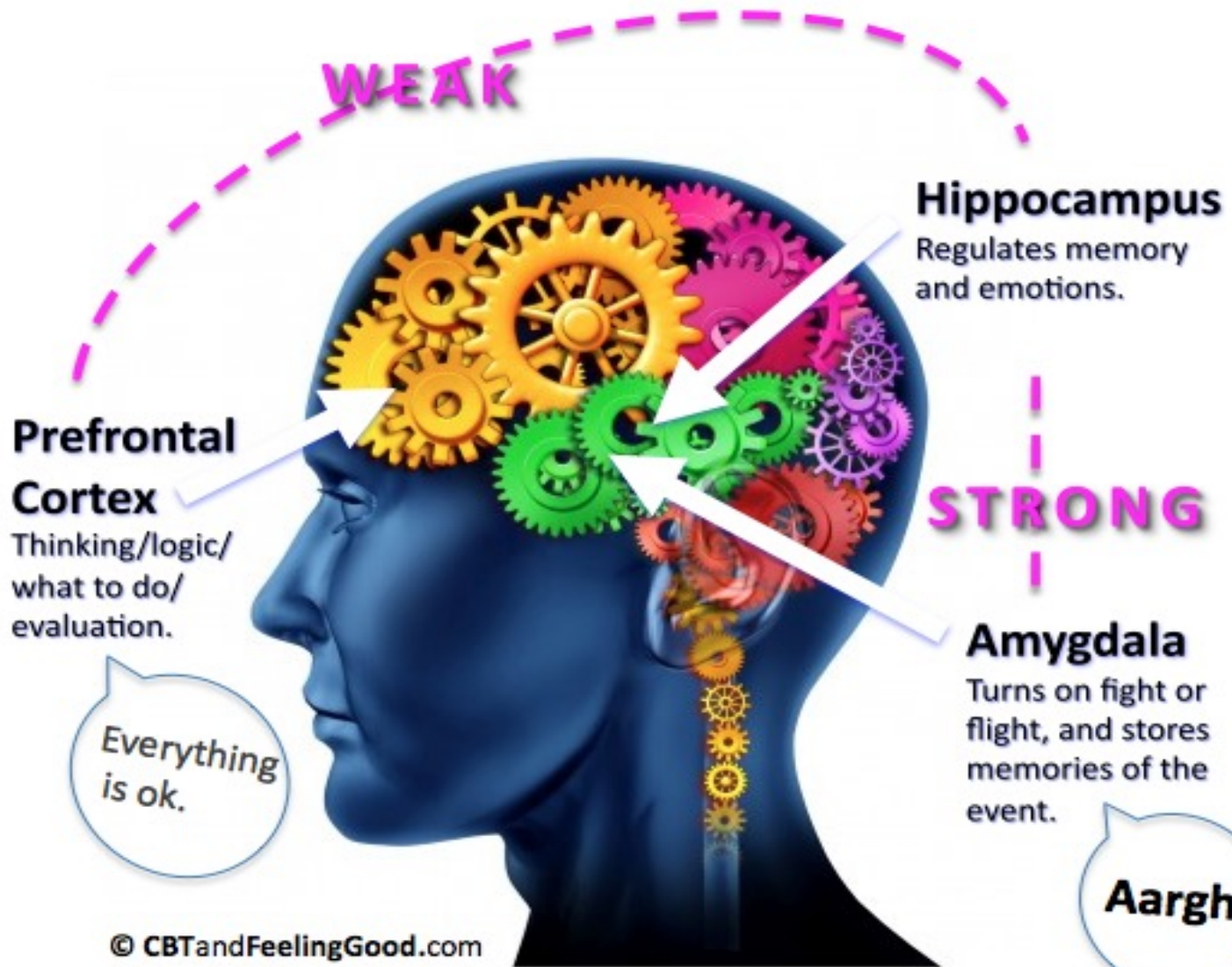


# SAVE YOURSELVES!

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Why Self-Care is Important



# Compassion fatigue vs. Burnout

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## Compassion Fatigue

- A preoccupation with absorbing trauma and emotional stresses of others
- Leads to Secondary Traumatic Stress
- Results from the stresses of the clinician and the patient's suffering
- Highly Treatable
- Happens Quickly

## Burnout

- Emotional and physical fatigue
- Feelings of detachment from one's job
- Feelings that there is a lack of personal accomplishment
- Feeling "worn out" and happens over time

\*\*Can result from a clash of personal values and institutional values

# Vicarious (Secondary) Trauma

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- Vicarious (Secondary) trauma is the emotional residue of exposures that professionals have from working with people as they are sharing the trauma narratives and become witnesses to pain, fear, and terror that trauma survivors have endured.

# Seven pillars of Self care

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- Mental
- Emotional
- Physical
- Environmental (i.e. rearranging your work space, decluttering)
- Spiritual
- Recreational
- Social

# Prevent Compassion Fatigue

## Self Care as a Lifestyle

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- Going to Dr's appointment
- Showering
- GO TO THERAPY!
- Take medications as prescribed
- Get enough sleep
- Move your body (exercise)
- Use your Sick and Vacation time
- Setting boundaries
- Get outside (when you can)
- GO TO THERAPY!
- Take your lunch breaks
- Social media detox

# THANK YOU!!

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