



**EMBRACING RESILIENCE IN  
THE FACE OF FATIGUE**

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IS STRESS DEADLY?

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# SOURCES OF STRESS?

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# HOW STRESS CAN MAKE YOU SICK?

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HOW STRESS CAN PROGRESS ?

# BURNOUT

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# DECISION MAKING FATIGUE

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**Decision Making Fatigue is when a person becomes depleted after making too many decisions in a period of time. When drained in this way, a person's choices can become poorer and impulsive.**

# COMPASSION FATIGUE


**Compassion-** sympathetic pity and concern for the sufferings or misfortunes of others.

**Compassion fatigue** - is the physical, emotional and psychological effect of exposure to traumatic stories or events when working in a helping capacity, combined with the strain and stress of everyday life.

**(American Bar Association)**







“Professionals who listen to clients stories of fear, pain and suffering may feel similar fear, pain and suffering because they care. Sometimes we feel are losing our own sense of self to the clients we serve.”

**-Dr. Figley**




# PHASES OF COMPASSION FATIGUE

- Zealot
- Irritability
- Withdrawal
- Zombie
- Unwell or Renewal




# PHASES OF COMPASSION FATIGUE

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**Zealot** – Committed. Volunteers to do extra, enthusiastic about work.

**Irritable** – Becoming frustrated, Might have inappropriate humor. Makes mistakes; lapses in judgement. Distant from friends & colleagues.




# PHASES OF COMPASSION FATIGUE



**Withdrawn** – Clients are annoying. Always tired. Home & work life unsatisfying. Avoiding your negative emotions.

**Zombie** – Indifferent to other's trauma and pain – especially clients. No patience. Everyone seems incompetent or ineffective. No sense of humor. Brittle.



# SECONDARY TRAUMATIC STRESS (STS)



# VICARIOUS TRAUMA

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- Sense of safety
- Ability to trust others
- Self-esteem
- Intimacy
- Sense of control

**Vicarious trauma refers to permanent changes in the way you view and make sense of the world as a result of the cumulative effects of working with trauma survivors over time.**

# HOW CAN YOU TELL YOU ARE STRESSED?

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# TAKE RESPONSIBILITY



- Become curious about your needs, wants, desires
- Prioritize
- Give yourself Permission
- Set limits
- Boundaries
- Be realistic
- Set Routines that work for you



CELEBRATE THE SMALL  
AND LARGE WINS



# SELF-CARE BEHAVIORS VS. INDULGENT BEHAVIORS



- Self-care is the practice of taking intentional steps to **maintain one's physical, emotional, and mental wellbeing.**
- Indulgent behavior involves giving in to one's desires **without considering the consequences**, it may provide temporary pleasure, it does not contribute to one's overall wellbeing.

**GIVE YOURSELF GRACE**



# GET SUPPORT

- Help seeking is hard to do but you deserve a hand especially when you offer yours so much



# ASK FOR HELP

**We understand that the demands of work can sometimes become overwhelming and we want to remind you that taking a break or leave of absence is a valid option when prioritizing your well-being.**

# MAKE A PLAN

**If you feel like you're experiencing burnout, please speak with your supervisor or HR representative as soon as possible. They can guide you through the process and support you in taking the necessary steps.**

# LET'S CONNECT



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*Thank You*

