



IS STRESS DEADLY?

SOURCES OF STRESS?







HOW STRESS CAN MAKE YOU SICK?





HOW STRESS CAN PROGRESS?



BURNOUT



DECISION MAKING FATIGUE

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)



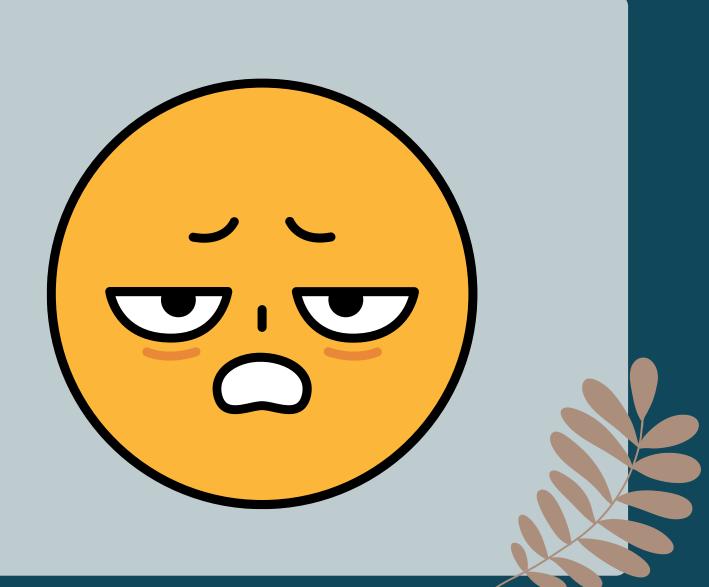
"Professionals who listen to clients stories of fear, pain and suffering may feel similar fear, pain and suffering because they care. Sometimes we feel are losing our own sense of self to the clients we serve."

-Dr. Figley



PHASES OF COMPASSION FATIGUE

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



PHASES OF COMPASSION FATIGUE

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Withdrawn – Clients are annoying.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

- 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?



TAKE RESPONSIBLITY



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



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.



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.







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