

# Day 7: I Care Looking after yourself

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Obesity Care Week



## LEARNING OUTCOMES

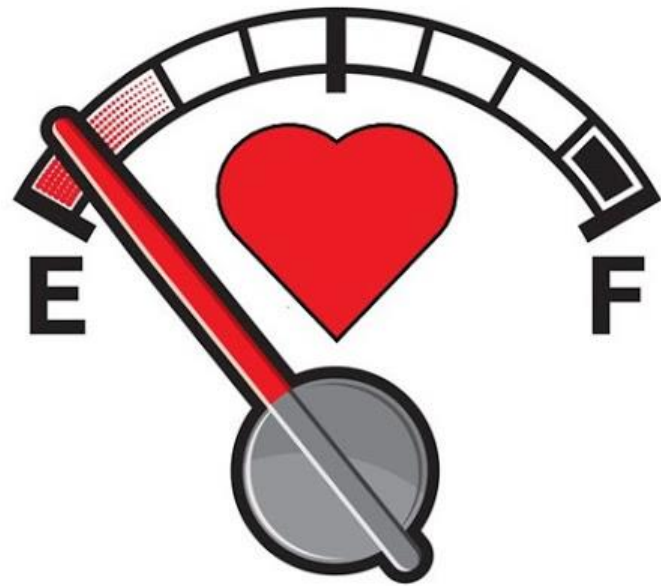
The aim of this presentation is to:

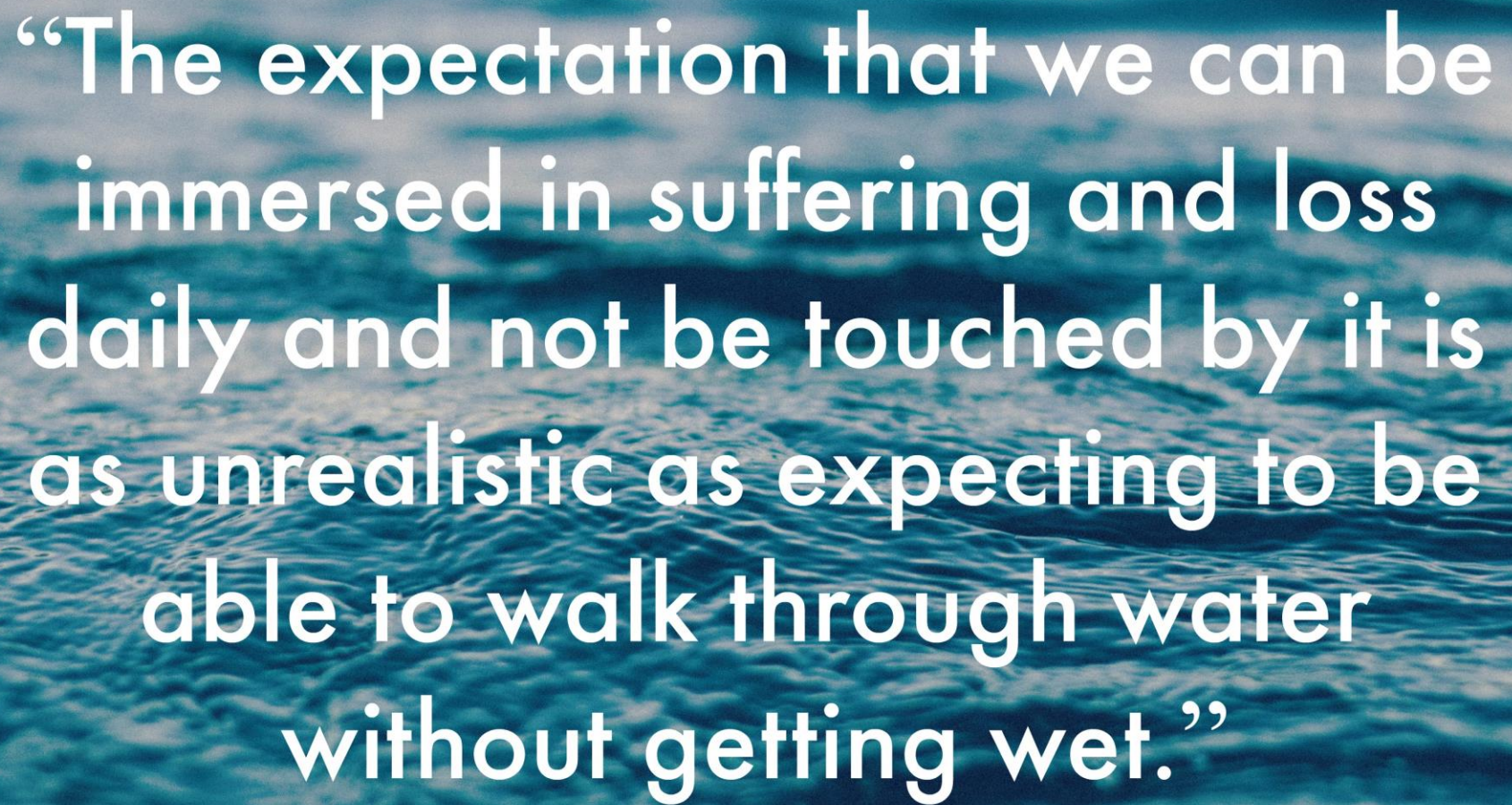
- Define Compassion Fatigue (CF)
- Identify signs and symptomology of CF
- Review the stages of the trajectory of CF
- Understand the principles of self care management



# WHAT IS COMPASSION FATIGUE?

- An emotional state with negative psychological and physical consequences that emanates from prolonged caring of people stricken by intense trauma, suffering or misfortune (Oncology Nursing Forum 2009)
- Results in a loss of capacity for, or interest in, being empathic with the pain as others





“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

Dr. Naomi Rachel Remen



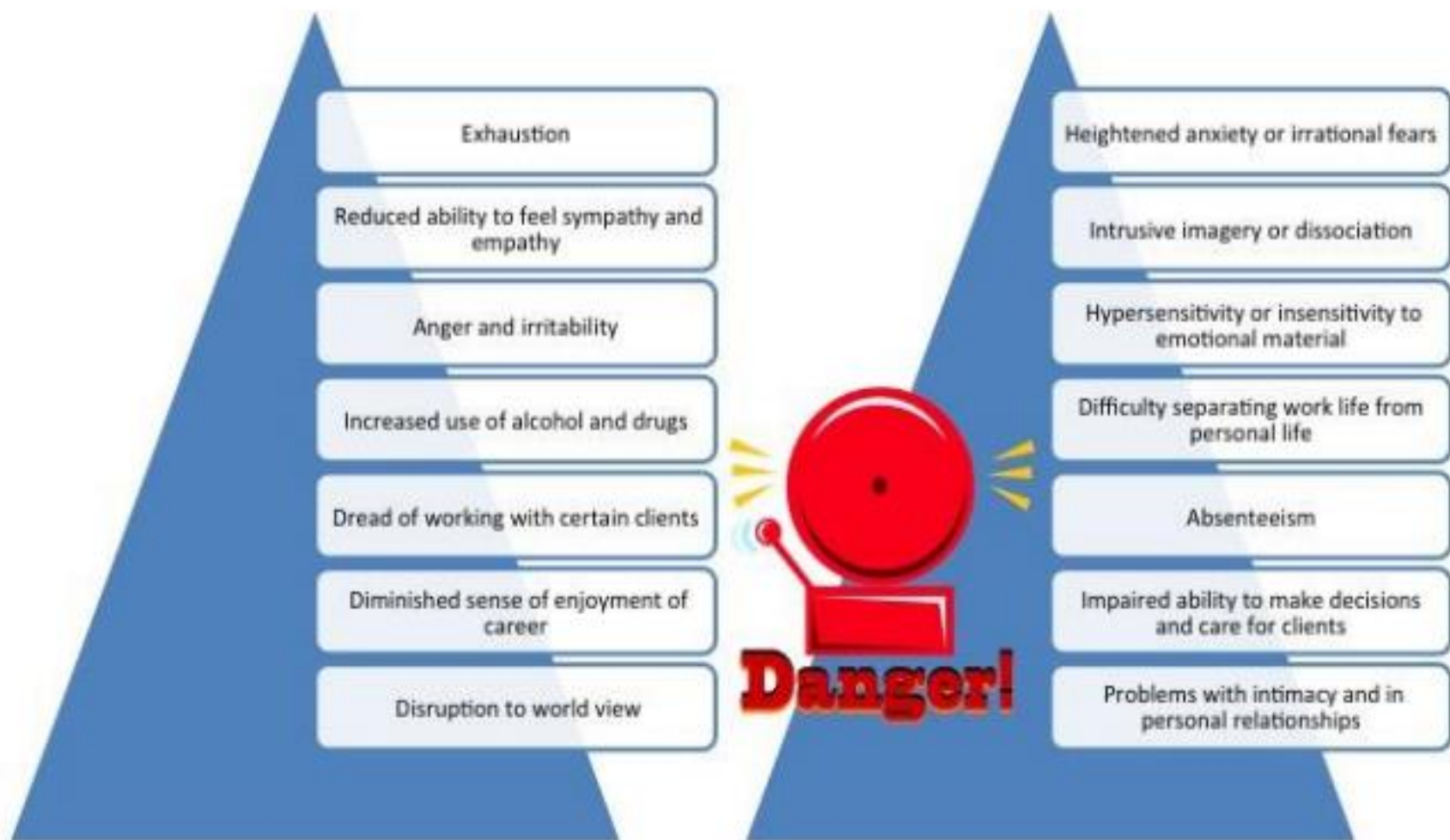
# WHAT LEADS TO COMPASSION FATIGUE?

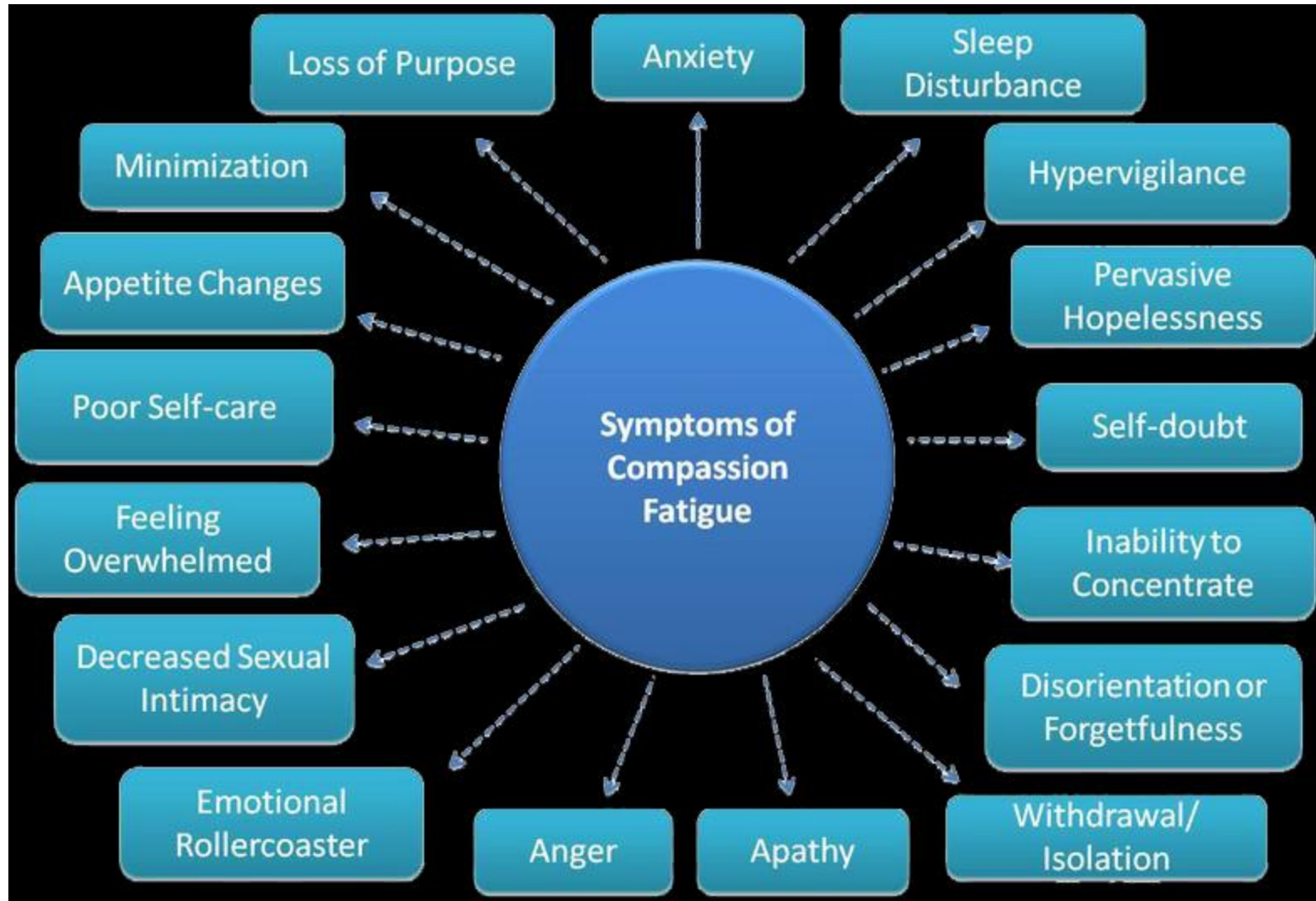
## Three main types

- **Lone Ranger Complex** – I can do this alone, It's easier me doing it than delegating to someone else
- **Saint/Martyr Complex** – other people are more important and I will give up my time to help others
- **Hero Complex** – I can do this, I can make things better, I can save the world, rescuer

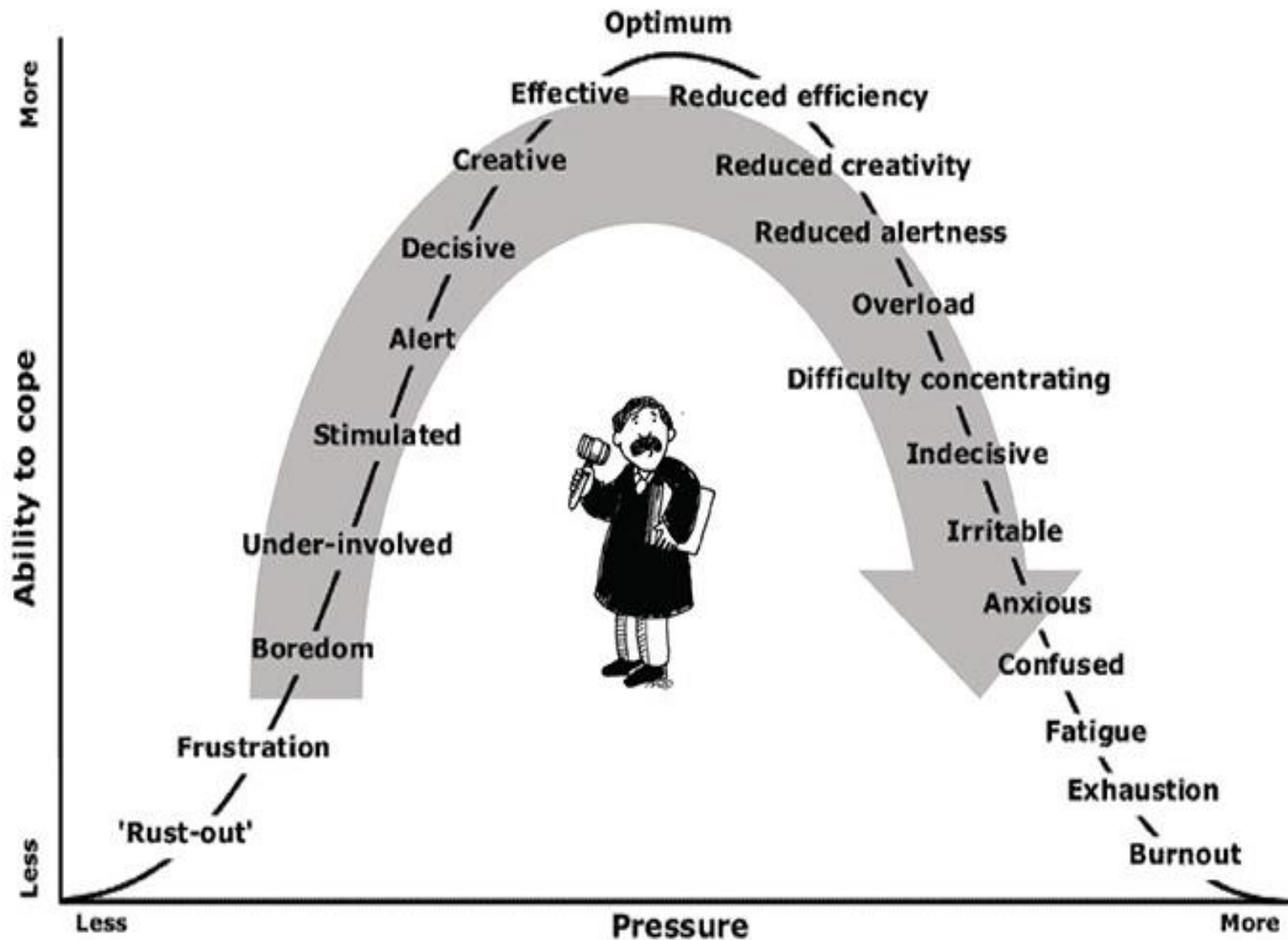


# Warning Signs of Compassion Fatigue in Staff





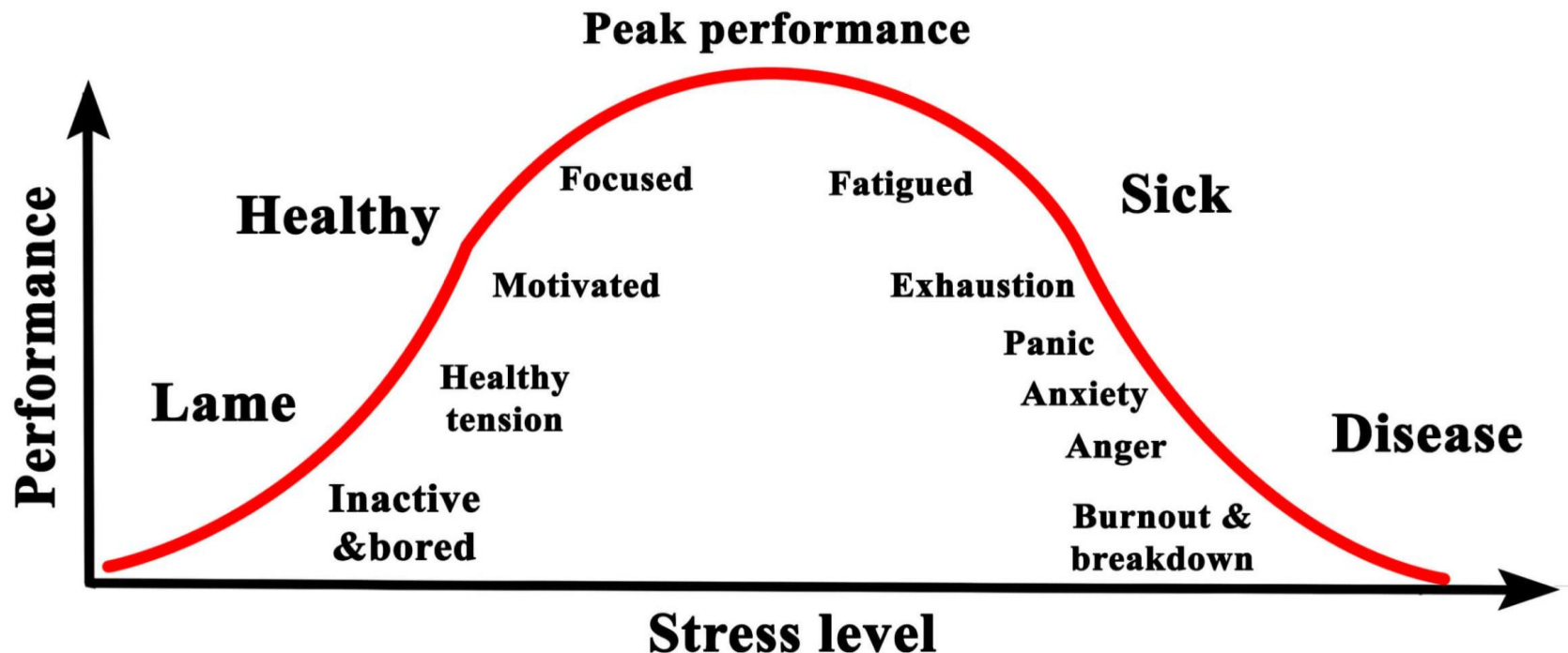
# Yerkes-Dodson Law: Too Much/Little = Stress





**EVERYONE'S RESPONSE IS UNIQUE**  
**ONE PERSON'S STRESS IS ANOTHER PERSON'S MOTIVATOR**

## **Yerkes Dodson Stress Performance Curve**



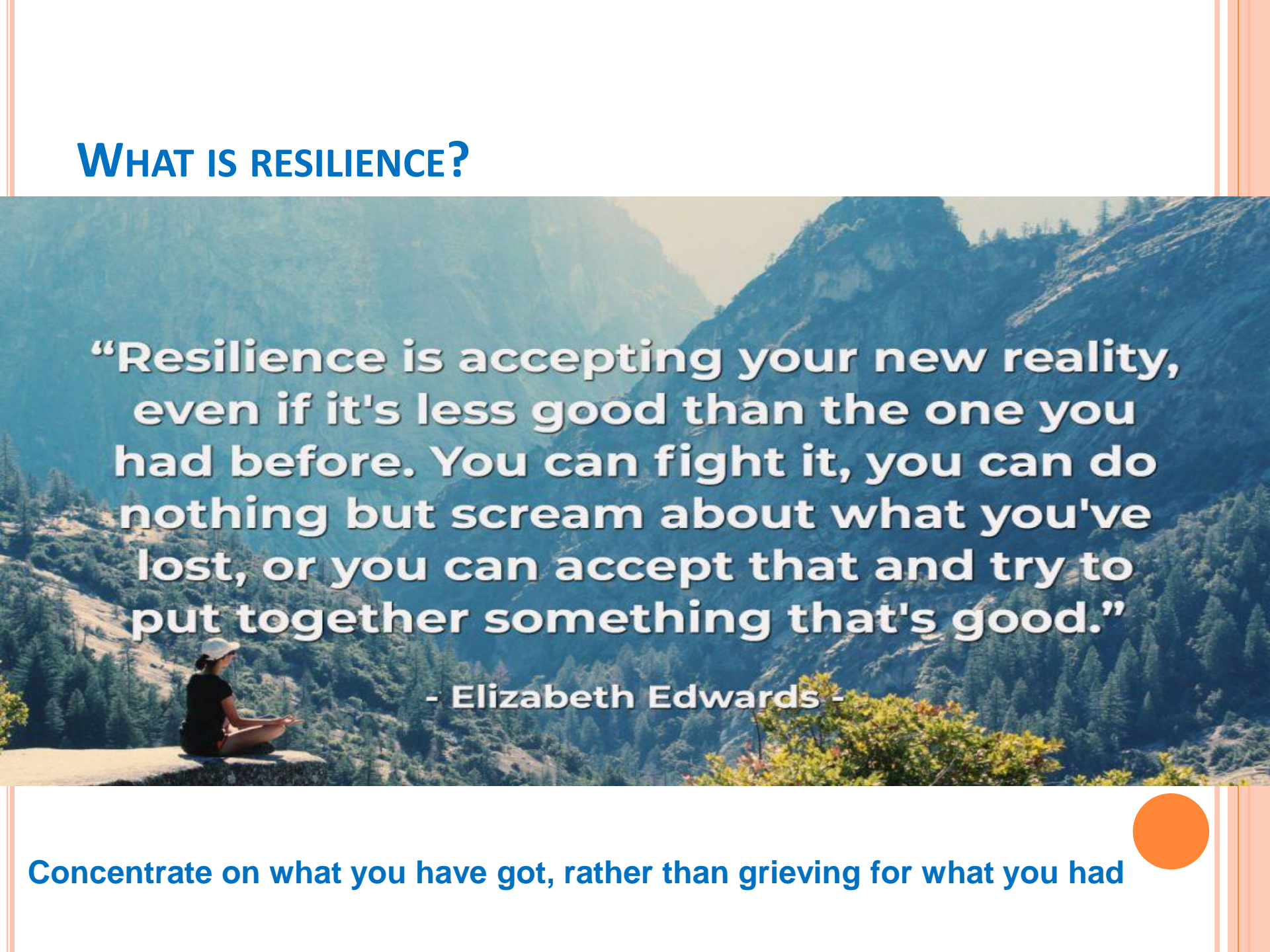
## TRAJECTORY OF COMPASSION FATIGUE

- **Zealot Phase** – keen committed, works extra hours
- **Irritability Phase** – lacks concentration, cuts corners, missing things, avoids people
- **Withdrawal Phase** – impatient with people, lack of empathy, exhausted, don't want to talk about things, negligent of needs of people, co-workers and self
- **Zombie Phase** – emotionless, automatic pilot, robotic responses, disdain for certain people
- **Victimisation** (overwhelmed, sick leave, lateness for work and meetings, leave the profession) **v's Maturation & Renewal** (resolve and resilience)

Spilman (2010) Caring on Empty



# WHAT IS RESILIENCE?

A person wearing a white cap and dark clothing is sitting in a meditative pose on a rocky ledge. They are looking out over a vast, deep valley with steep, forested mountainsides. The scene is bathed in a soft, hazy light, suggesting early morning or late afternoon. The overall mood is peaceful and contemplative.

**“Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.”**

**- Elizabeth Edwards -**

**Concentrate on what you have got, rather than grieving for what you had**

A solid orange circle is located in the bottom right corner of the slide.



"Taking care of myself  
doesn't mean 'me first'.  
It means 'me too.'"

L.R. Knost

GoodTherapy.org





# PUT ON YOUR OWN OXYGEN MASK FIRST!

Taking Care of You, So  
You Can Take Care of  
Them



If you don't care  
for yourself you  
become useless  
to others



## COPING TOOL KIT

- Care for you body – healthy eating, food, exercise, sleep medical checks
- Care for your mind – awareness and acceptance, debriefing, supervision, peer support, therapy
- Care for you soul – prayer, meditation, mindfulness, yoga, tai chi
- Care for yourself – Always self first!  
personal/professional life balance, time management
- Avoid unhelpful coping strategies – smoking, drinking, spending, drugs, overeating, undereating, working harder, avoidance, projection and displacement







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# Contacts

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This concludes a wonderful week of sharing experiences.  
Thank You for joining us today.

All the slides and discussion points are on our website under the 'Health Professional' Section.

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