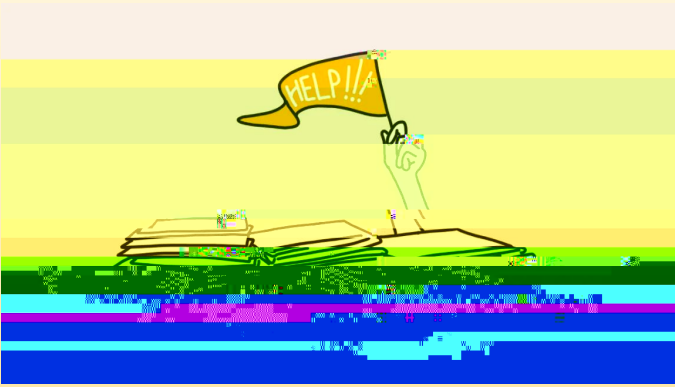


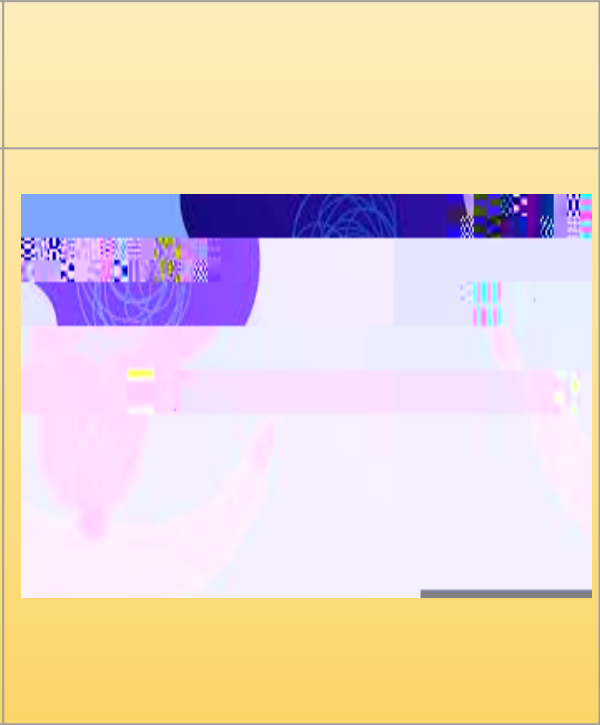
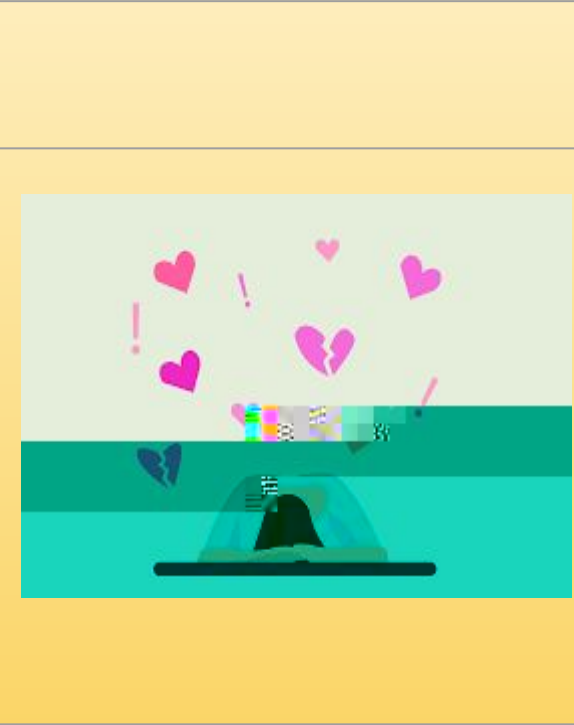
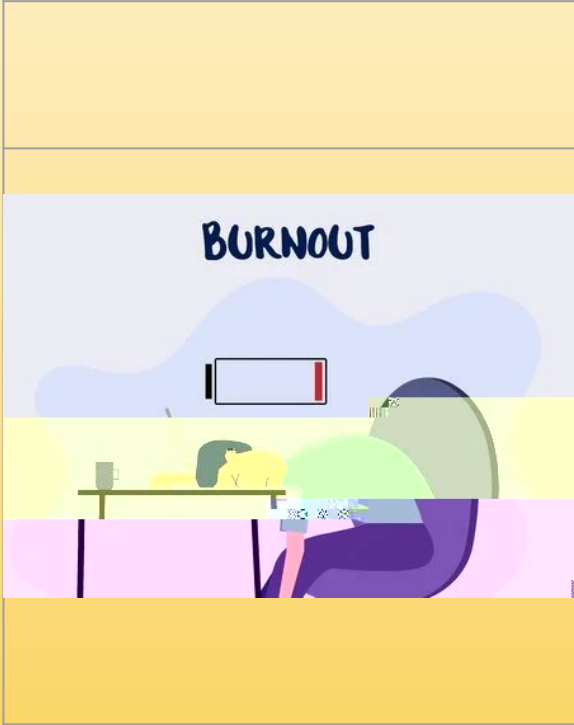
Avoiding Burnout & Compassion Fatigue

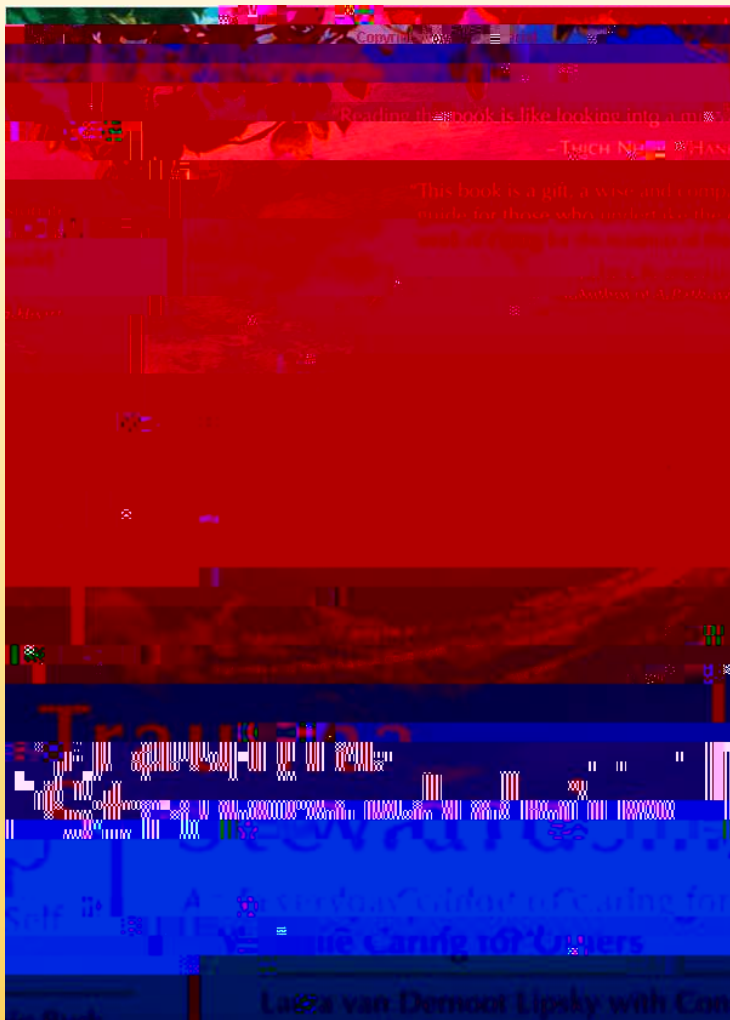


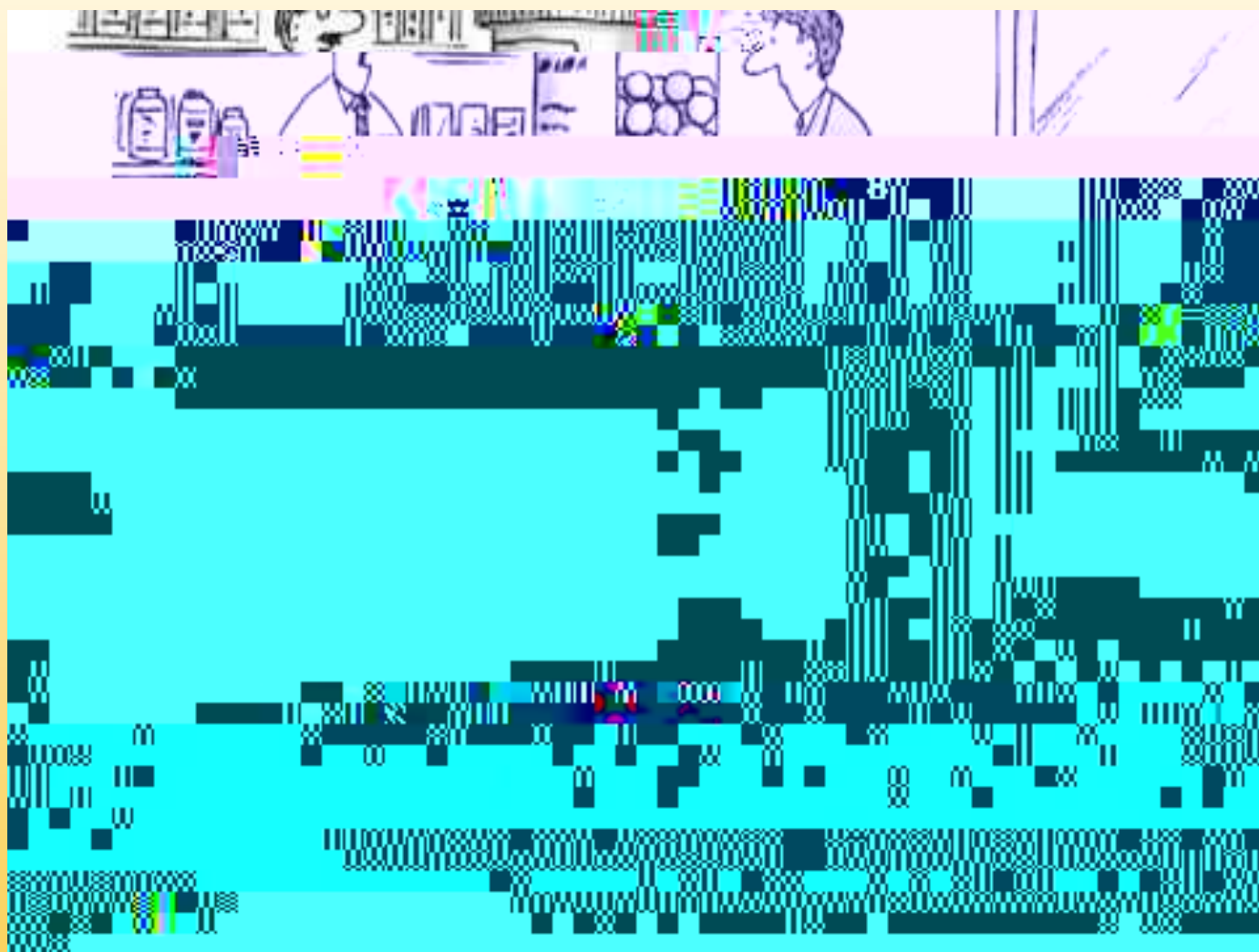
Shauna Olson Hong, LCSW
Kathryn Kirkpatrick, LCSW
Counseling Services



What we are Working to Prevent?







Antidote for Trauma Responses - ***Return to the Present Moment***

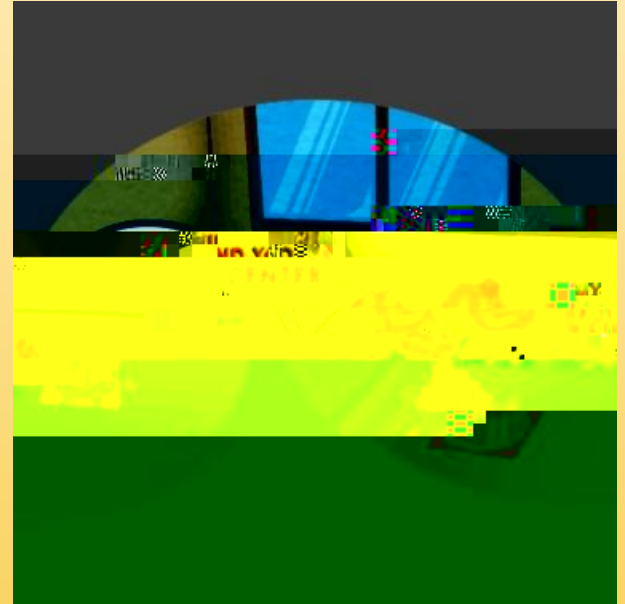
Breathing

Grounding

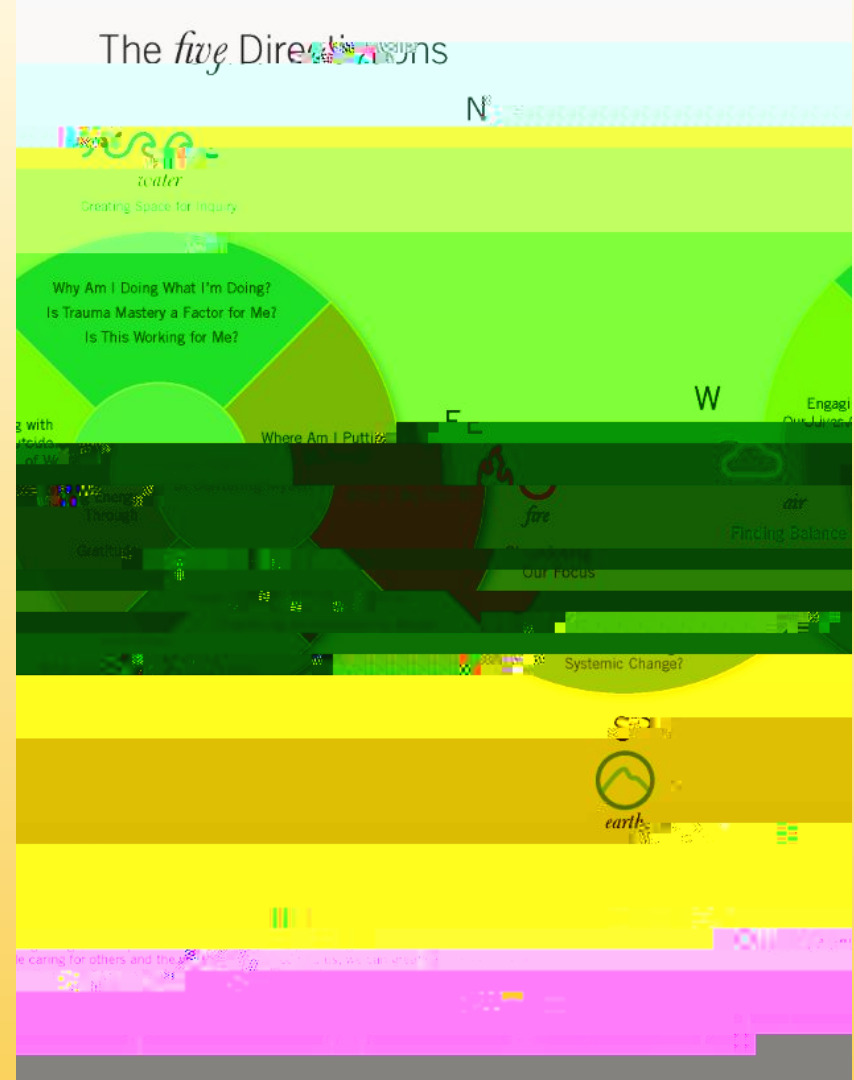
Mindfulness Meditation

Mindful Movement

Prayer



The "Five" Directions of

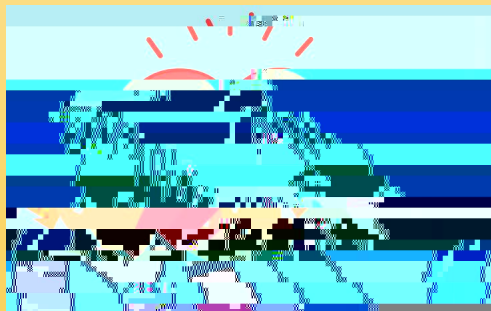


Practicing Trauma Stewardship

Reflection is an antidote to helplessness

Why am I doing this? Is it working for me?

Reflect on any part of your motivation related to “trauma mastery”



Practicing Trauma Stewardship

Practice self-compassion

Practice compassion for
others

Reflect on your role models
and community



Practicing Trauma Stewardship



Reflect on your work environment and routines

Keep energy moving rather than absorbing and accumulating

Practice gratitude



Practicing Trauma Stewardship

Create an intention at the beginning of each work day for how you want to live it

Create an intention at the end of each work day for what you are closing and leaving



Intentions: I Plan To . . .

Reflect on my motivation in the work that I do, and how it is currently working for me.

Pay attention to whether my internal dialogue about my work is optimistic or pessimistic.

Reflect on my “Plan B” if I weren’t doing this work.

Practice self-compassion

Practice compassion for others

Take breaks during the work day

Schedule some vacation time

Find ways to release energy regularly

Practice gratitude regularly

Create rituals for how I start and end my work days



Additional Resources

Trauma Stewardship: An Everyday Guide to Caring for Self while Caring for Others - Laura van Dernoot Lipsky

Healing Trauma - Peter Levine

Self-Care in Social Work - Kathleen Cox & Sue Steiner

Waking the Tiger - Peter Levine

The Body Keeps the Score - Bessel van der Kolk

Simple Self-Care for Therapists: Restorative Practices to Weave Throughout Your Workday - Ashley Davis Bush

Kitchen Table Wisdom - Rachel Naomi Remen