

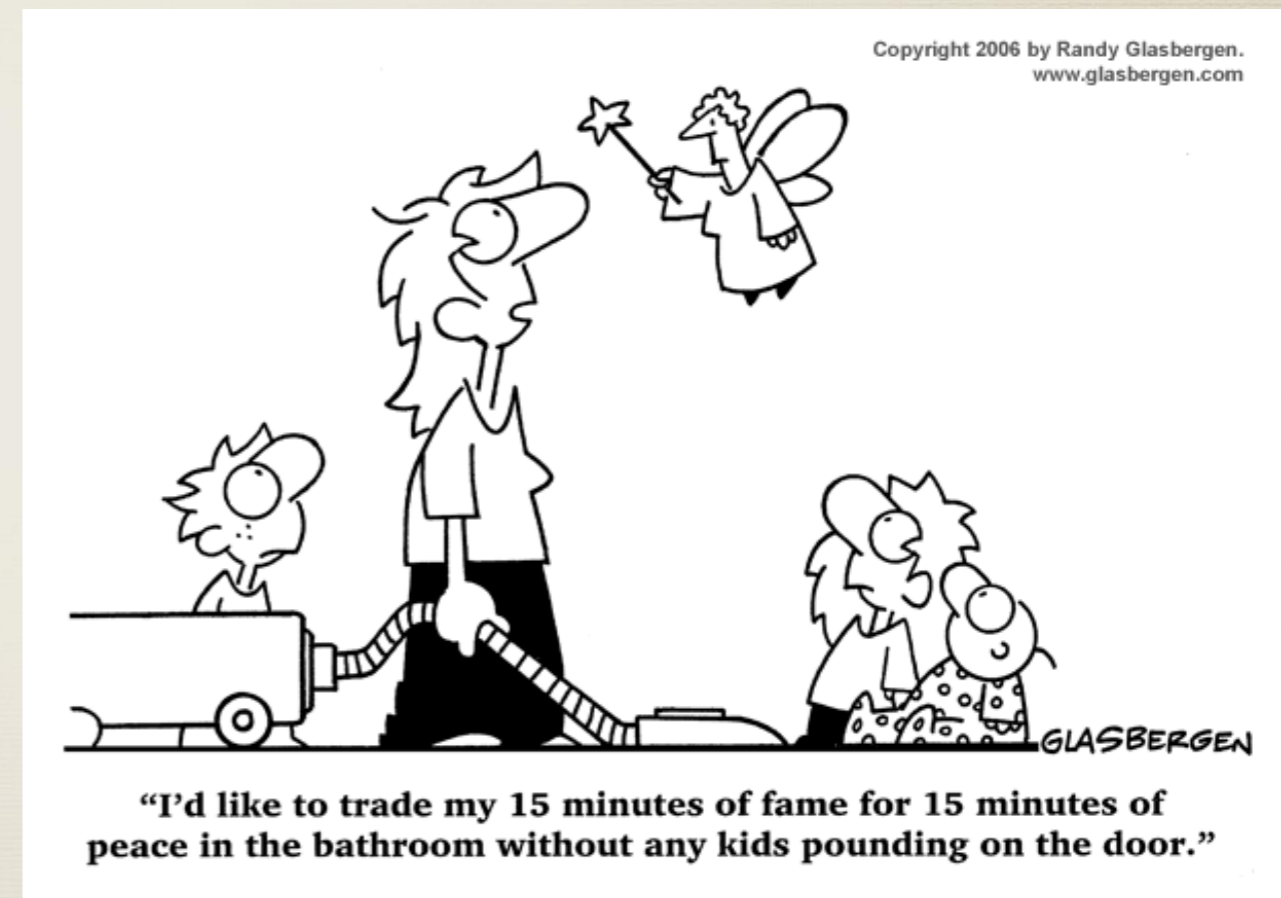
Compassion Fatigue

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Agenda

Compassion Fatigue

- * What it is
- * What it does
- * Who gets it
- * What can happen
- * What to do about it



Definitions

- Indifference to charitable appeals on behalf of those who are suffering, experienced as a result of the frequency or number of such appeals. - dictionary.com
- "Compassion Fatigue is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper." - Dr. Charles Figley, Professor, Director Tulane Traumatology Institute, Tulane University
- I'm so tired! - Me

Burnout or Compassion Fatigue?

Burnout

Follows a specific pattern

- * Enthusiasm
- * Stagnation
- * Frustration
- * Apathy

Compassion Fatigue

Affects Well Being

- * Sleep disturbance
- * Isolation and loss of morale
- * Loss of hope and meaning
- * Identity, worldview and spirituality are impacted
- * Loss of self-worth
- * Potentiate for depression, anxiety, PTSD and suicidality

Who Gets It?

- * Nurses up to 70%
- * New doctors up to 90%
- * Therapists and social workers up to 70%
- * Child welfare workers 1 in 2 - extreme STS
- * Parents- ??
 - Compassionate
 - Empathic
 - Taught to care for others first



Compassion Fatigue Awareness Project

- * Professional Quality of Life (ProQol) Self Test
- * Life Self Test
- * Empath Test

What Can Happen?

Depression

- * Parenting Symptoms
 - mood swings,
 - hard to engage in activities and relationships,
 - lack of everyday self care,
 - more likely to use negative parenting, less likely to be warm, sensitive, and responsive.

- * Effect on Children
 - Higher rates of: behavior challenges, school challenges, social challenges and mental illness.
 - Increased risk of medical issues related to accidents, asthma, tobacco and substance use.

What Can Happen?

Anxiety

- * Parenting Symptoms
 - Absence of warmth and affection,
 - elevated levels of uncertainty and criticism towards child

- * Effect on Children
 - potentiate for depression
 - trickle down anxiety
 - behavior challenges
 - self esteem issues

What To Do

- * Recognize, don't ignore it.
- * Be kind to yourself.
- * You do you, first. Always!
- * Clarify your boundaries, express your needs.
- * Eating, sleeping exercise, self care...
- * Don't isolate.
- * *Get help.* (Depression, anxiety, PTSD or suicidality)

Resources

- * healthycaregiving.com
- * compassionfatigue.org

