The Heart of Learning with Compassion Resiliency

Presentation By:

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Welcome! Quiz Time!

- Log on to Kahoot.it
- Enter in the quiz code
- Select an anonymous name
Compassion Fatigue and Burnout

**Compassion Fatigue**
The emotional residue of strain of exposure to working with those suffering from the consequences of traumatic events. It differs from burn-out, but can co-exist. Compassion Fatigue can occur due to exposure on one case or can be due to a “cumulative” level of trauma.

**Burnout**
Cumulative process marked by emotional exhaustion and withdrawal associated with increased workload and institutional stress, NOT trauma-related.

_The American Institute of Stress_
When the job gets the best of you...
Think-Pair-Share
## Signs of Compassion Fatigue

1. **Physical Signs and Symptoms**
   - Exhaustion
   - Insomnia
   - Headaches
   - Increased susceptibility to illness

2. **Behavioral Signs and Symptoms**
   - Increase use of drugs and alcohol
   - Anger and irritability
   - Absenteeism
   - Avoidance
   - Impaired abilities to make decisions
   - Problems with personal relationships
   - Depleted parenting

3. **Psychological Signs and Symptoms**
   - Emotional exhaustion
   - Distancing
   - Negative self image
   - Depression
   - Sadness, loss of hope
   - Anxiety
   - Guilt
   - Reduced ability to feel sympathy or empathy
   - Cynicism
   - Resentment
   - Feeling of professional helplessness

Self-care is an essential component of good teaching, not a mark of selfishness!
Resiliency noun re·sil·ien·cy \-yən(t)-se\

- Able to return to original form after being bent, compressed, or stretched out of shape.
- A human ability to recover quickly from disruptive change, or misfortune without being overwhelmed or acting in dysfunctional or harmful ways.

Compassion Resiliency Team - http://www.compassionresiliency.com/
How to Build Resiliency…. I want some of that!

- Exercise, meditation, journaling, socializing, maintaining personal time, positive self talk, sing, dance, paint
- Mentoring
- Have friends and colleagues who support their work emotionally and intellectually.
- Are not wedded to one best way of teaching and are interested in exploring new ideas.
- Take charge and solve problems.
- Stay focused on children and their learning.
- Do whatever it takes to help children be successful.
- Know when to get involved and when to let go.

Elena Aguilar, 2011 Edutopia
Why should we build resiliency?

- Ingersoll (2007) 40–50% of teachers who enter the field leave within the first 5 years

- Employees in the education sector report more work-related psychological ill-health, particularly stress, anxiety and depression, than do employees in other sectors. (Health and Safety Executive, Labour Force Survey)
Leave it at the door . . .

- Grounding
  - Detaching yourself from the emotional pain by focusing on the outside world rather than what’s going on inside you. (Najavits 2002)
- Mindful Breathing
- Relaxation Tools
- Quick Sanity Breaks & Mindful Teaching by the Numbers (Mindful Teachers.org)
Group Discussion

Discuss with your group some other tools to help you with compassion resiliency
Amy Cunningham - TED Talk
Can’t get enough?
Come see part two!

Creative Tools for Building Compassion Resiliency
Citations:

Compassion Fatigue definition
https://www.stress.org/military/for-practitionersleaders/compassion-fatigue/


Burnout definition
https://www.stress.org/military/for-practitionersleaders/compassion-fatigue/

Resiliency definition
Compassion Resiliency Team- http://www.compassionresiliency.com/

Signs and Symptoms of Compassion Fatigue
Francoise Mathieu, www.compassionfatigue.com (Experts from handout)

Grounding Definition and Techniques

Creative Tools for Building Compassion Resiliency

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Signs and Symptoms of Compassion Fatigue

- Physical
- Behavioral
- Psychological

“Teacher burnout.”
This time is for you... ENJOY!
Station Rotations (10 mins per station)

Life’s a Beach
Sugar Me Happy
Just Breathe & Bead
Color Yourself Happy
Chalk Full of Emotion
Great Balls of Stress (Relief)