



Coping With Compassion Fatigue

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AGENDA

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What is compassion fatigue?

What is the difference between compassion fatigue and stress?

Am I at risk?

How can I cope?

HOW STRESS AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time

SKIN

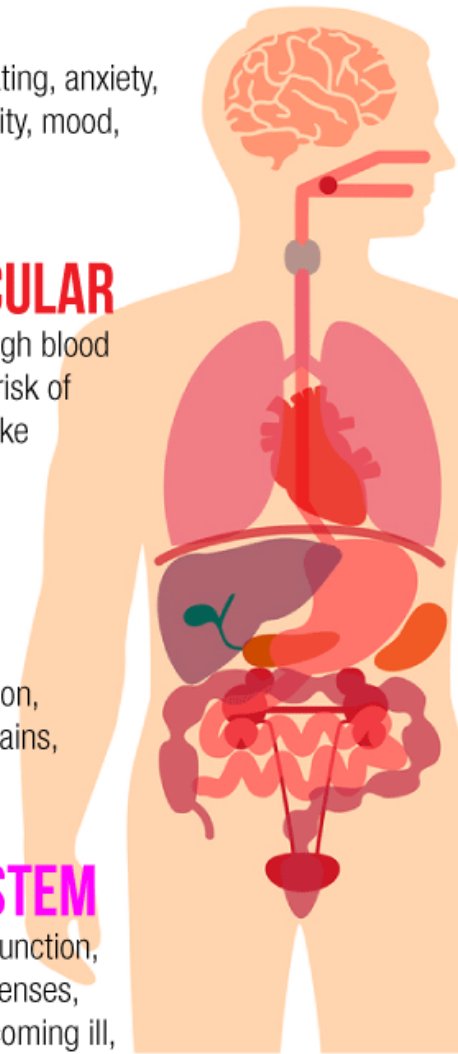
hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

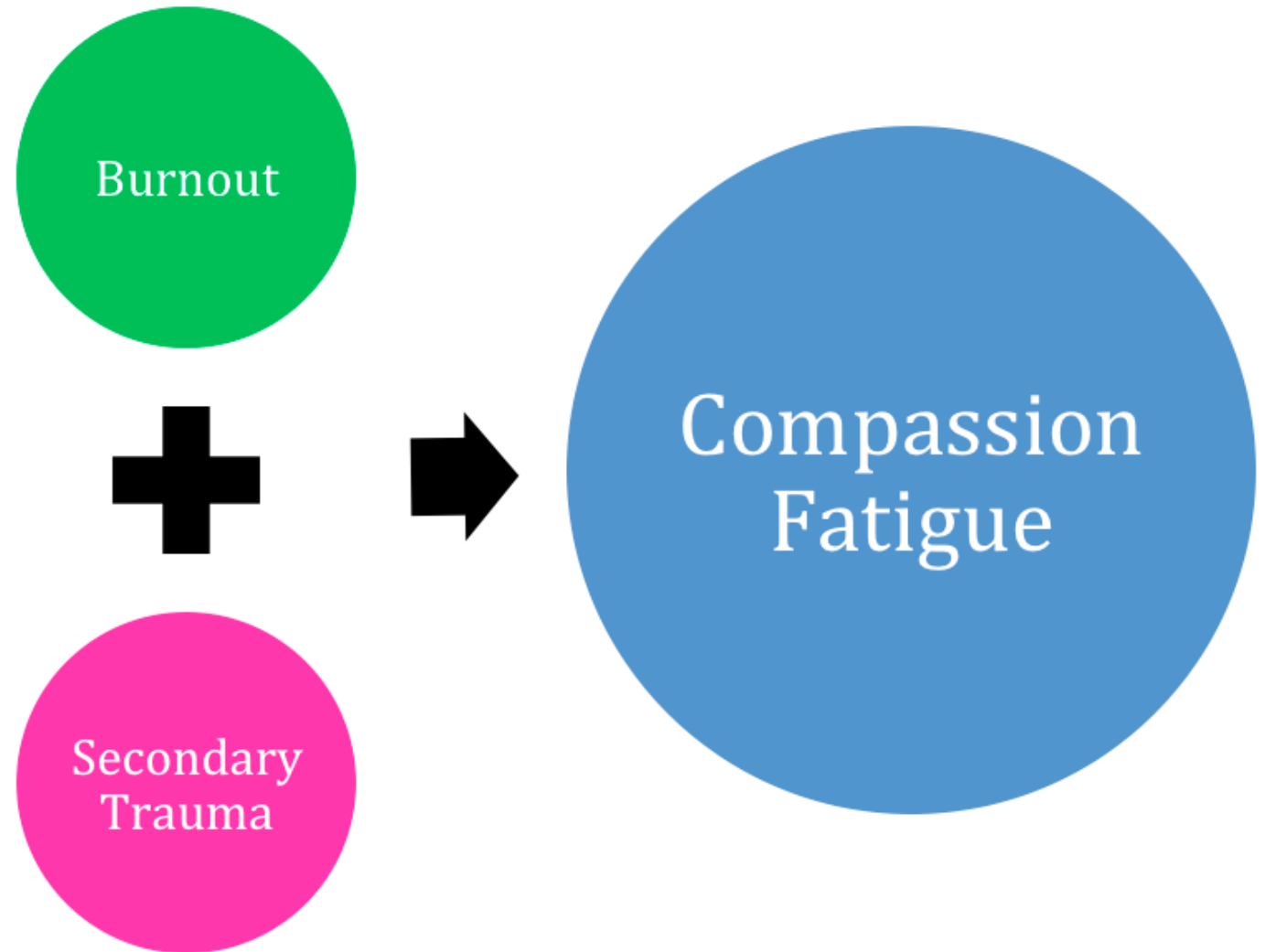




Common stressors in libraries

- Operations
 - Staffing
 - Workload
 - Patrons
 - Technology
- Risk of burnout

Definitions

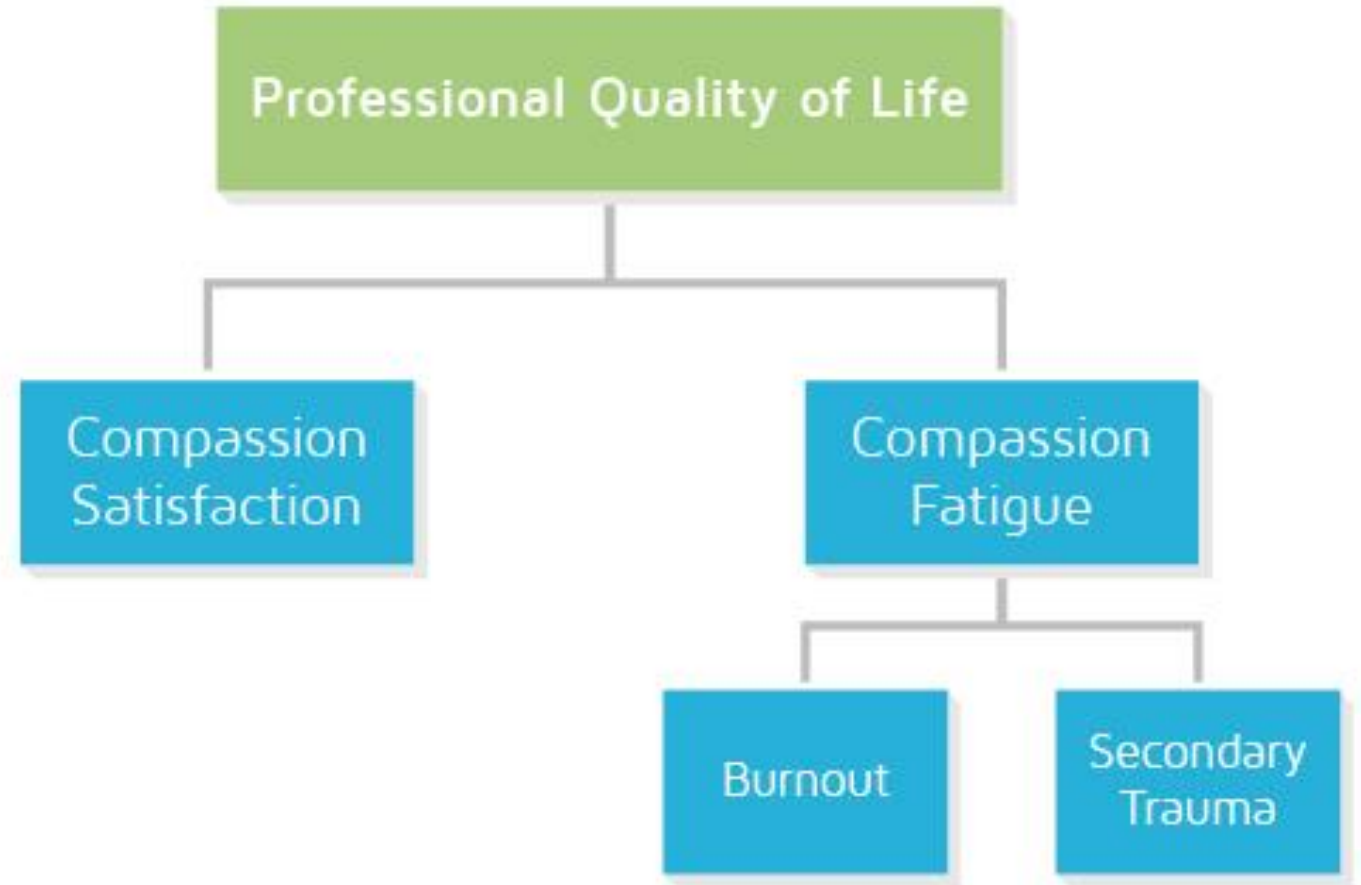


"Burnout." *Psychology Today*, Sussex Publishers, www.psychologytoday.com/us/basics/burnout.

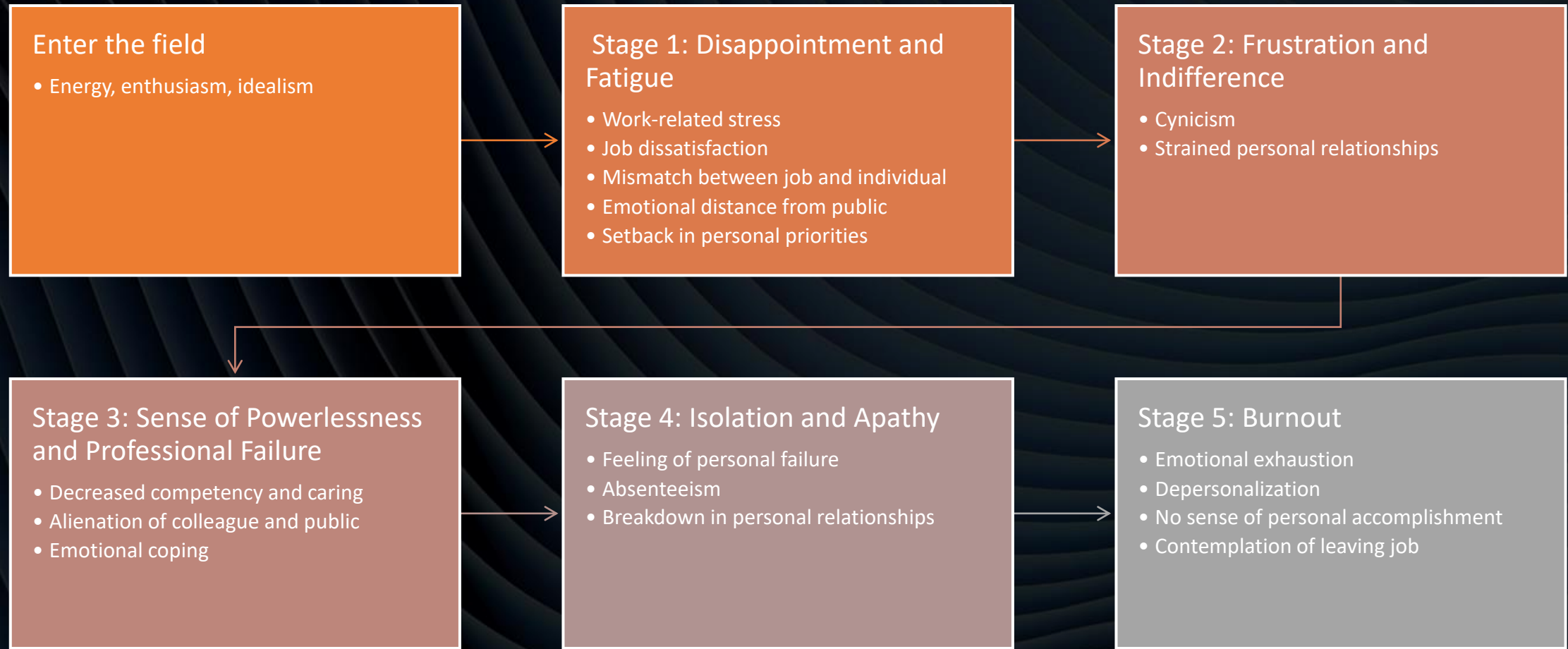
"Compassion Fatigue." *Wikipedia*, Wikimedia Foundation, 29 Apr. 2020, en.wikipedia.org/wiki/Compassion_fatigue.

Zimering, Rose, and Suzy Bird Gulliver. "Secondary Traumatization in Mental Health Care Providers." *Psychiatric Times*, vol. 20, no. 4, 1 Apr. 2003.

Compassion
Satisfaction

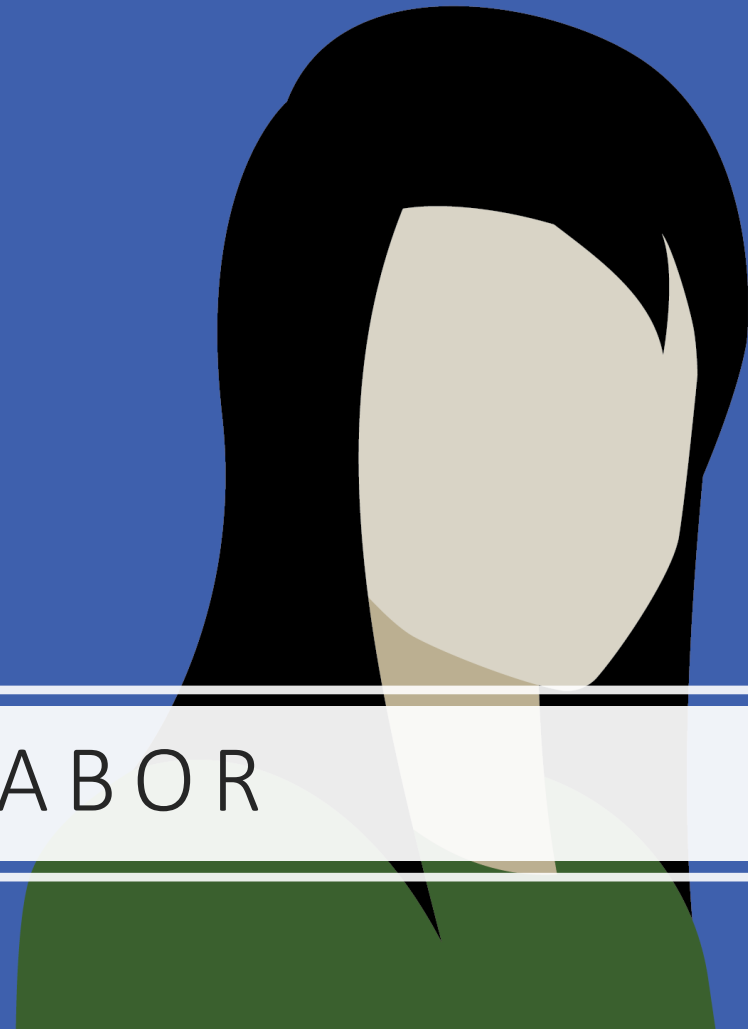
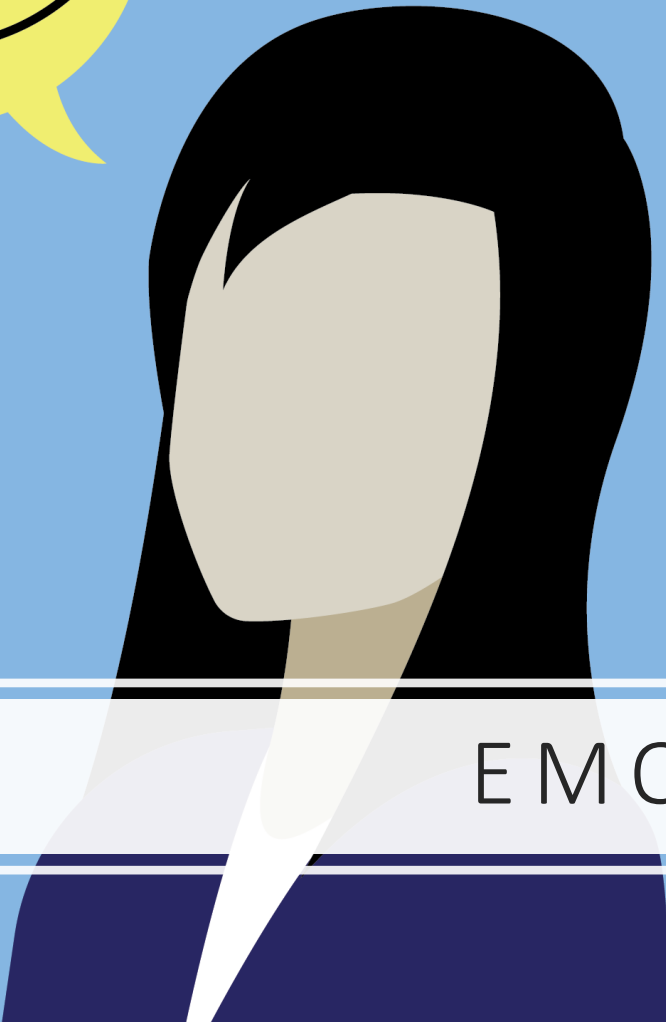


STAGES OF BURNOUT





Bourg Carter, Sherrie. "Are You Suffering from Compassion Fatigue? What to Do When Showing Compassion Feels like a Burden." *Psychology Today*, 28 July 2014, www.psychologytoday.com/us/blog/high-octane-women/201407/are-you-suffering-compassion-fatigue.



EMOTIONAL LABOR

Professional Quality of Life Questionnaire

go to menti.com and enter code

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I FIND IT DIFFICULT TO SEPARATE MY
PERSONAL LIFE FROM MY LIFE AS A
HELPER.



I THINK THAT I MIGHT HAVE BEEN
AFFECTED BY THE TRAUMATIC STRESS
OF THOSE I HELP.



I FEEL WORN OUT BECAUSE OF MY
WORK AS A HELPER.

You may be at risk if you...

- Experience excessive demands on your personal empathy and compassion
- Have a heavy workload or work long hours
- Deal with reports of trauma
- Help someone considered dangerous
- Work in a vulnerable community
- Have experienced trauma in your own life
- Are a woman

“Compassion Fatigue.” *GoodTherapy*, 10 Feb. 2020, www.goodtherapy.org/blog/psychpedia/compassion-fatigue.

Himmelstein, Drew. “As Compassion Fatigue Takes Its Toll, Schools and Public Libraries Take Steps to Support Librarians.” *School Library Journal*, 17 Feb. 2020, www.slj.com/?detailStory=as-compassion-fatigue-takes-its-toll-schools-public-libraries-take-steps-to-support-librarians.



Coping Strategies

1. Professional
2. Organizational
3. Personal
4. General

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SETTING BOUNDARIES

Self Care Strategies for work/life balance

10



Say No

Identify your top priorities

Practice self-reflection

Focus on your basic needs

Find a place to vent

Create more stability

Limit your screen time

Get into a routine

Feel your feelings

Rest

Beard, Catherine. "15 Self-Care Strategies for Work-Life Balance." *The Blissful Mind*, 4 Sept. 2020, theblissfulmind.com/self-care-strategies/.

A photograph of two women sitting at a table in a bright, modern setting. The woman on the left, with dark hair, is wearing a blue long-sleeved shirt and is gesturing with her right hand while speaking. The woman on the right, with curly brown hair, is wearing a red sweater and is listening attentively, resting her chin on her hand. On the table are a water bottle, a white mug, and some papers. A large, semi-transparent white circle is overlaid on the left side of the image, containing the title and bullet points.

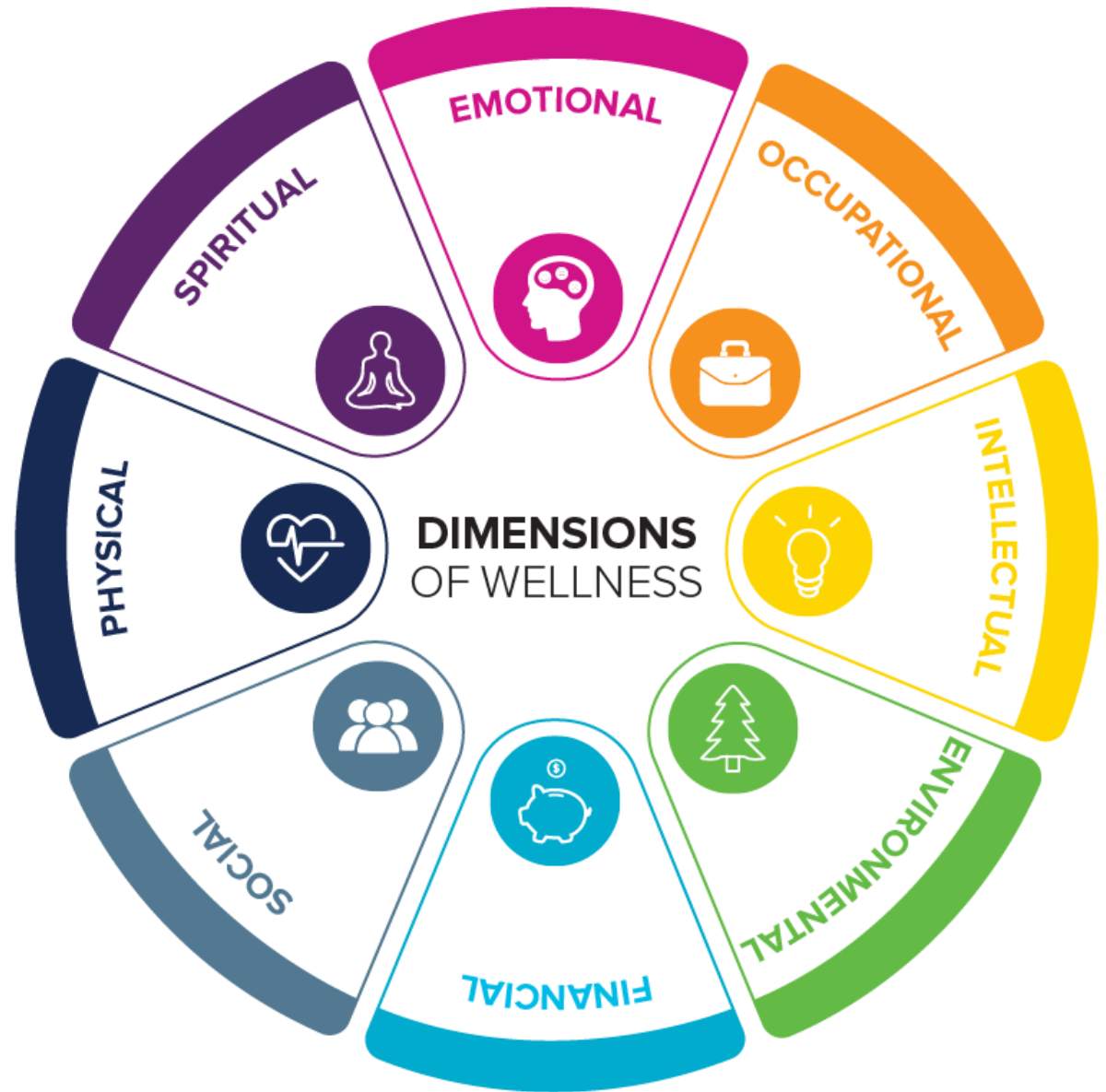
Professional & Organizational Strategies

- Steps supervisors should take
- Emphasize the importance of mental health

Himmelstein, Drew. "As Compassion Fatigue Takes Its Toll, Schools and Public Libraries Take Steps to Support Librarians." *School Library Journal*, 17 Feb. 2020, www.slj.com/?detailStory=as-compassion-fatigue-takes-its-toll-schools-public-libraries-take-steps-to-support-librarians.

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8 Dimensions of Wellness



A person wearing a blue shirt, a white cap, and large headphones is standing in a library, looking at a book. They have a black backpack on. The background is filled with bookshelves. The text "CASE STUDY" is overlaid in the center.

CASE STUDY

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Questions?

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