

NAVIGATING
COMPASSION FATIGUE
AND BURNOUT
DURING CO-VID

ADAM SARTORE, RIVERS EDGE



AGENDA FOR TODAY'S WEBINAR

1

Learn how to spot the signs and symptoms of compassion fatigue and burnout.

2

Learn practical strategies to help manage compassion fatigue and burnout during Co-vid.

3

Provide a space to ask questions and discuss the unique challenges of being helper during Co-vid.

4

Discover other resources you can access for further support.

HELPERS COME IN MANY FORMS: EACH ONE IS NEEDED

WHO IN THE GROUP IS A HEALTHCARE PROVIDER?
PARENT OF A SPECIAL NEEDS CHILD OR ADULT? A
CAREGIVER FOR AN OLDER ADULT? A SUPPORT
WORKER?

MYTH- BUSTER



Compassion Fatigue is a sign that I am failing as a health care provider or a caregiver.



True or False

MYTH- BUSTER



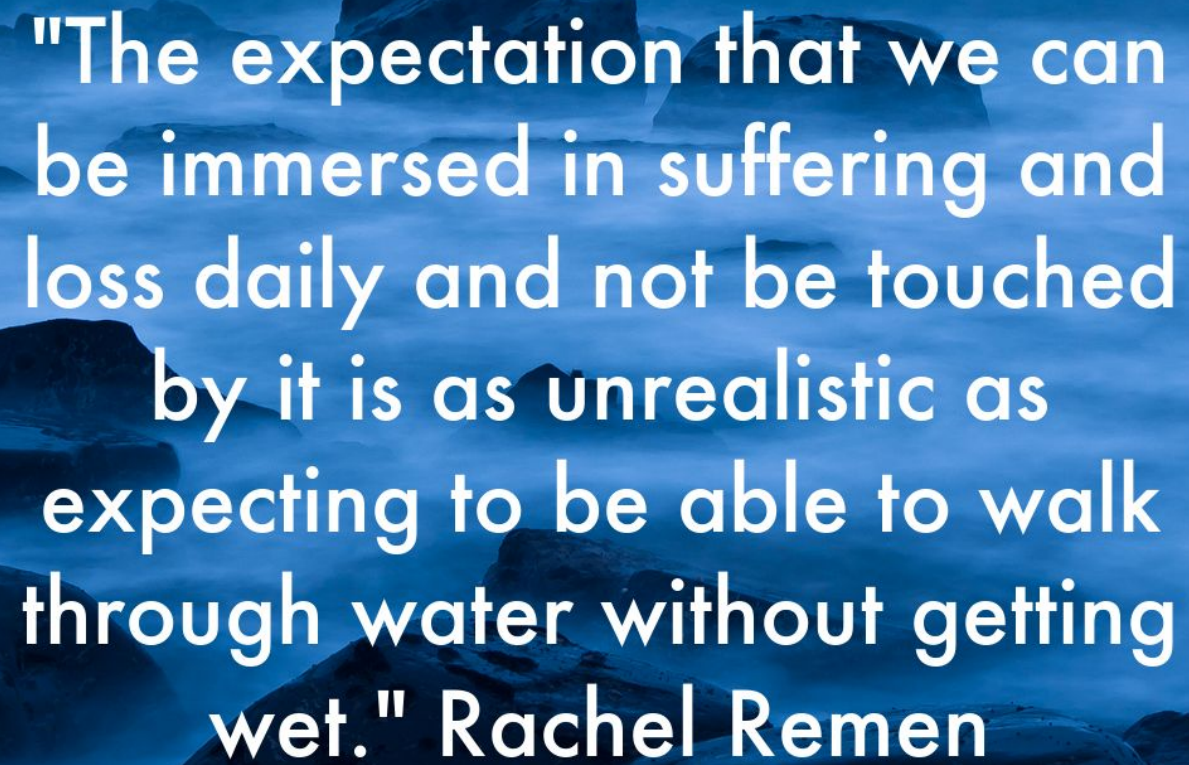
Compassion Fatigue is a sign that I am failing as a health care provider or a caregiver.



False



Compassion Fatigue is a common consequence of empathizing with the suffering of another. It is not a failure.



"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." Rachel Remen

DEFINING COMPASSION FATIGUE

Compassion Fatigue is the negative cost of caring. Affects health care workers and caregivers alike.

Compassion Fatigue: pre-occupation or difficulty separating ourselves from the suffering or trauma of someone else.

Referred to as secondary traumatic stress when caring for a person who has experienced trauma.

Cognitive

Lowered Concentration

Apathy

Rigid thinking

Perfectionism

Preoccupation with trauma

Emotional

Guilt

Anger

Numbness

Sadness

Helplessness

Behavioral

Withdrawal

Sleep disturbance

Appetite change

Hyper-vigilance

Elevated startle response

Physical

Increased heart rate

Difficulty breathing

Muscle and joint pain

Impaired immune system

Increased severity of medical concerns

How does Compassion Fatigue Affect Our Wellbeing?

(From U.S.
Department of
Health and
Human
Services)

COMPASSION FATIGUE VS. BURNOUT

Compassion Fatigue: Can happen suddenly or develop over time. Can occur with or without exposure to trauma.

Burnout: Gradually builds over time. Affects caregivers and healthcare workers alike. Shares many symptoms with compassion fatigue.

Three defining features of burnout:

- 1. Exhaustion**
- 2. Cynicism/Detachment**
- 3. Reduced Self-Efficacy**

THE SOCIAL IMPACTS OF COMPASSION FATIGUE AND BURNOUT

Can increase the risk of depression, anxiety and suicide among helpers

Can increase relational strain and interpersonal conflict

Can lead to increased alcohol and substance use

Increased risk of physical illness in helpers

Can cause higher turnover rates, impaired professional judgment and patient dissatisfaction

GROUP DISCUSSION

WHAT
CHALLENGES DO
WE FACE AS
HELPERS DURING
CO-VID 19?

COMMON IMPACTS OF CO-VID ON HELPERS



**LOSS OF
PATIENTS
AND LOVED
ONES**



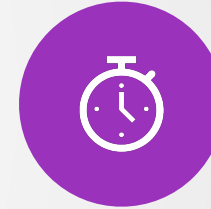
**ANTICIPATOR
Y GRIEF
“WHAT-IF?”**



**ISOLATION,
DECREASED
SOCIAL
SUPPORT**



**FEAR FOR
OUR OWN
HEALTH AND
THE HEALTH
OF OUR
FAMILY**

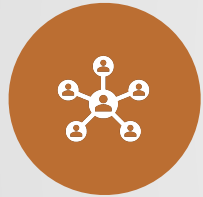


**LONGER
HOURS, LACK
OF SLEEP
AND SELF-
CARE**



**BRAIN FOG,
STUCK IN
SURVIVAL
MODE**

PROTECTIVE FACTORS AGAINST COMPASSION FATIGUE AND BURNOUT



Peer support



Compassion Satisfaction



Setting healthy boundaries



Practicing self-compassion



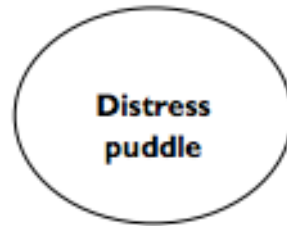
Practicing mindfulness



Practicing self-care

FACING OUR FEELINGS

- Accepting emotions as they come.
- Talking about our feelings with people we trust.
- Don't let the puddle turn into a pond!



FOCUSING ON COMPASSION SATISFACTION



**Savouring moments of joy and laughter
with those we care for**



**Reminding ourselves of the greater
meaning we find in helping**

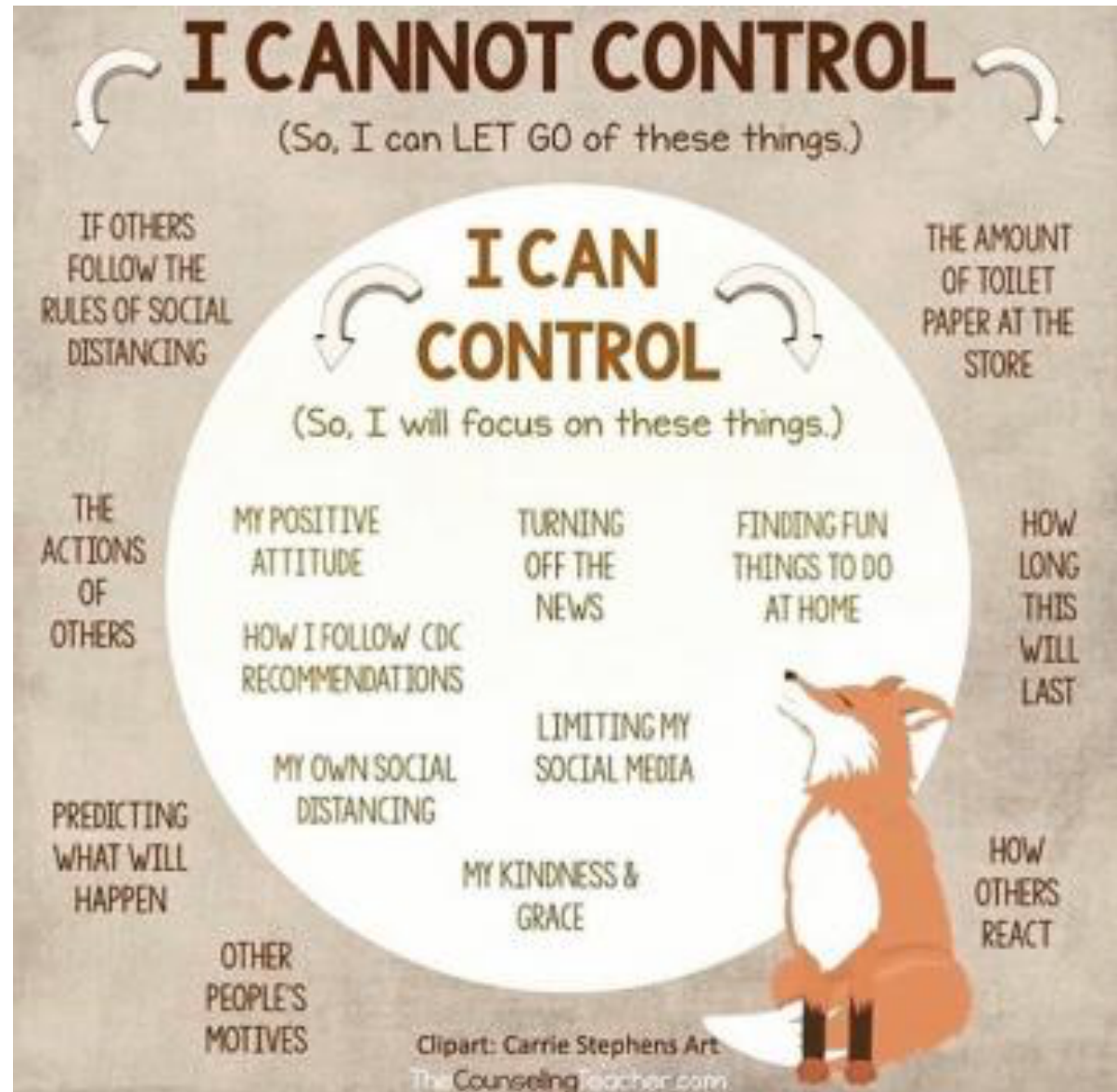


Celebrating our successes as helpers



**Remembering that every act of
compassion matters**

SETTING HEALTHY BOUNDARIES WITH MYSELF AND OTHERS



"A moment
of self-compassion
can change your entire day.
A string of such moments
can change the course
of your life."

- Christopher K. Germer



THRIVE



KAISTIN NEFF



Practicing Self-Kindness

Treating ourselves like a friend in need. Accepting ourselves where we are at. Acknowledging our pain instead of judging, diminishing or avoiding it.



Embracing Common Humanity

Accepting that we are not alone in our pain and grief. Sharing our suffering with others and finding peace in our shared human experience.



Practicing Mindfulness

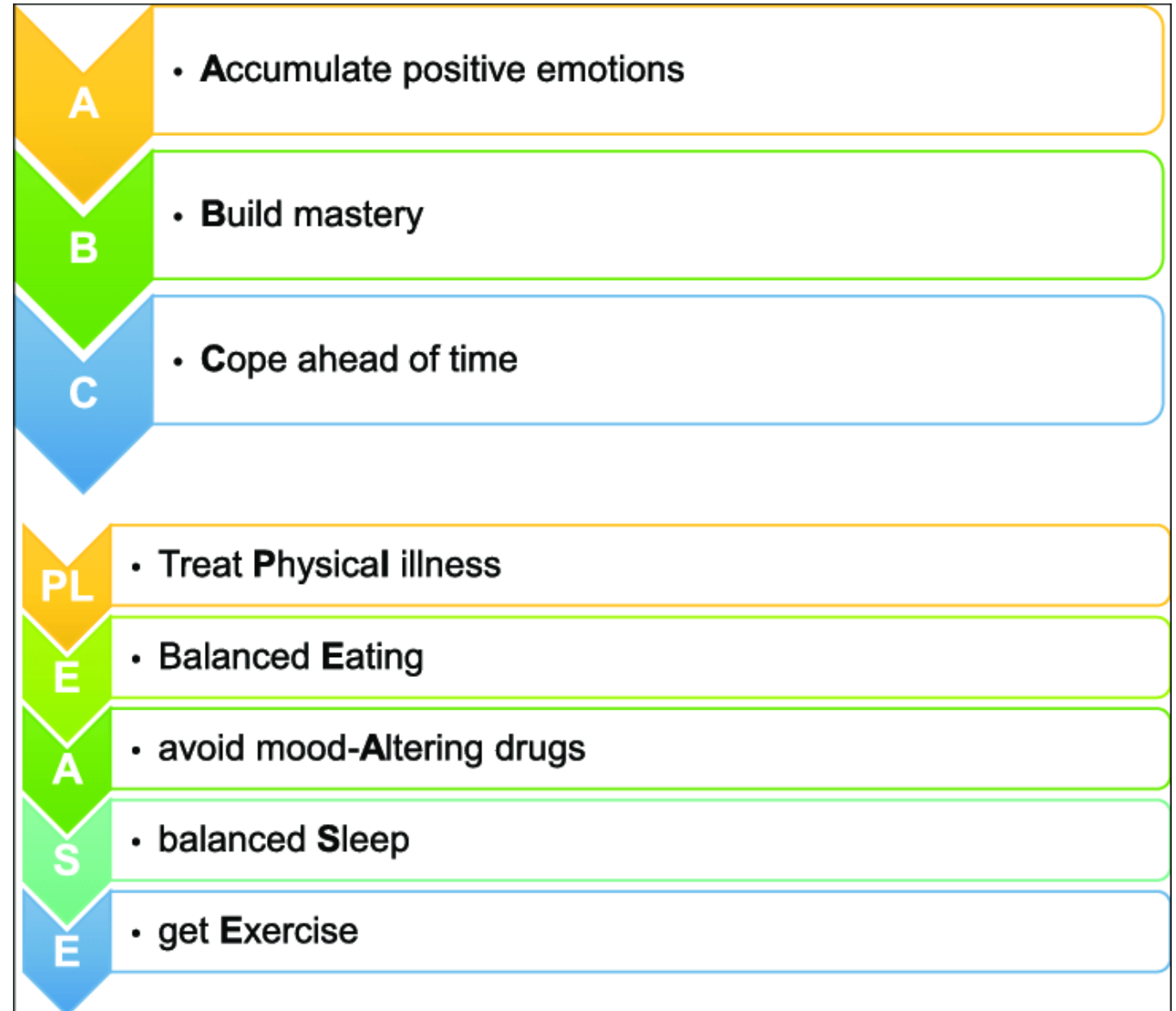
Accepting our feelings as they come, noticing them without judgment. Not ignoring them, not letting them stay too long.

PRACTICING
SELF-
COMPASSIO
N (DR.
KRISTIN
NEFF)



THE HOUSE VISITOR AND THE WAVE:
OBSERVING MINDFULLY WITHOUT JUDGMENT

ABC PLEASE SKILL FOR REDUCING EMOTIONALLY VULNERABILITY



FINDING MY CALM PLACE: EXERCISE



STRESS RELIEF WITH THE FIVE SENSES



Sight: Read a favourite book, watch a show, look at travel photos, paint, take in the view of nature



Sound: Listen to your favourite music, listen to a guided meditation, listen to calming nature sounds



Smell: Add essential oils to your bubble bath, smell your favourite candle, light incense



Touch: Hot shower, exercise, cuddle with a pet, play an instrument, butterfly hug



Taste: treat yourself to some of your favourite candy, pour and enjoy a coffee or tea

WRITING A LETTER TO YOUR FUTURE SELF

-
- **Writing Prompts:** What is my wish for my future self? What lessons can my future self take away from this difficult time? What do I want my future self to never forget? What wisdom and compassion can I offer my future self?
 - Place the letter and seal it in an envelope.
 - Choose a future date to open the letter. Write the date on the envelope.
 - Keep the letter in a safe place.

FINDING POCKETS OF SELF- CARE IN YOUR DAY AND WEEK AS A HELPER

- Pouring yourself a cup of your favourite coffee or tea
- Going for a short walk in nature
- Driving to your favourite music to disconnect from work
- Unplugging from all devices at night
- Writing down a list of 3 things you're grateful for
- Keeping photos of loved ones in your wallet or on your phone display
- Drawing, painting or colouring with your kids
- Unwinding with a favourite television show
- Scheduling a video chat with a friend or family member
- Scheduling a family board game night

Understanding dysregulation: How to Support a Highly Emotional Child



Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state



When a child is dysregulated, it is harder to listen, comprehend, and cope.

Remember the Three "R"s

Regulate

Focus on soothing your child. Make them feel calm, safe, and loved.



Relate

Validate their feelings with your words and tone of voice. "I know you're upset right now." "This is very hard." Focus on connecting with your child.

Reason

Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not ok.



Until a child is regulated, they are unlikely to relate to you (feel connected & comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.

RESOURCES FOR CAREGIVERS OF SPECIAL NEEDS CHILDREN

Dr. Bruce Perry-Regulate, Relate, Reason: <https://beaconhouse.org.uk/wp-content/uploads/2019/09/The-Three-Rs.pdf>

Previously Recorded Wellness Talks: Positive Pandemic Parenting, Talking to Your Kids about the Big Stuff

<https://www.riversedgecounselling.com/covid19-resources-for-mental-health-and-wellness>

The CHILD-BRIGHT Network

<https://www.child-bright.ca/covid-19-resources>

Caregivers Alberta <http://www.caregiversalberta.ca/>

CMHA Family Peer Support <https://alberta.cmha.ca/documents/caregiver-connections-family-peer-support/>

Our Response to COVID-19:

Our office is CLOSED and we have transitioned from providing in person support to telephone support for many of our programs.

Distress Line

If you or someone you know is in crisis or distress phone the Distress Line at **780.482.4357**



**Available
24 Hours
7 Days
a week**

211

For information and referral to community, social health and government services **phone or text 211**



Drop-In Single Session Counselling

If you are in crisis or distress, **phone** the Distress Line: **780.482.4357**



Suicide Bereavement Support Services

Please **email** Peris Wasonga (pwasonga@cmha-edmonton.ab.ca) to schedule Phone Support or phone: 780.732.6654



Suicide Caregiver Support Services

Please **email** Peris Wasonga (pwasonga@cmha-edmonton.ab.ca) to schedule Phone Support or phone: 780.732.6654



Caregiver Connections

Please **email** Elyse Cathrea (ecathrea@cmha-edmonton.ab.ca) to schedule Phone Support or phone: 780.414.6300



**Educational Workshops,
Peer Connections Groups
and Recovery College**

Have been suspended



Canadian Mental Health Association
Edmonton
Mental health for all

RESOURCES FOR HEALTH CARE PROFESSIONALS

- **Professional Quality of Life Scale (ProQOL)** http://transitionalsupport.com.au/wp-content/uploads/2016/10/ProQOL_5_English_Self-Score_3-2012.pdf
- **CAMH resources for health care workers:** <https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals>
- **Rivers Edge Wellness Talks:** <https://www.riversedgecounselling.com/covid19-resources-for-mental-health-and-wellness>
- **Pro-Bono Counselling for Healthcare Providers:** <https://psychologistsassociation.ab.ca/about-paa/disaster-response-network/>

RESOURCES FOR SENIORS' CAREGIVERS

- **Canadian Mental Health Association-Edmonton Region** <https://edmonton.cmha.ca/>
- **Seniors' Centre Without Walls:** <http://www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls/>
- **Government of Alberta Long-Term Care policies:** <https://www.alberta.ca/protecting-residents-at-congregate-care-facilities.aspx>
- **Alzheimer's Society Message on Co-vid 19:** <https://alzheimer.ca/sites/default/files/files/national/media-centre/ondri-covid19-messaging-march%2016-final.pdf>
- **Caregivers Alberta Co-vid 19 Resources:** <http://www.caregiversalberta.ca/covid-19-resources/>
- **Elder Abuse:** <https://www.stopabuse.ca/elder-abuse-program> **Seniors Abuse Helpline: 780-454-8888**

QUESTIONS

