

FILLING UP
& *Emptying Out*



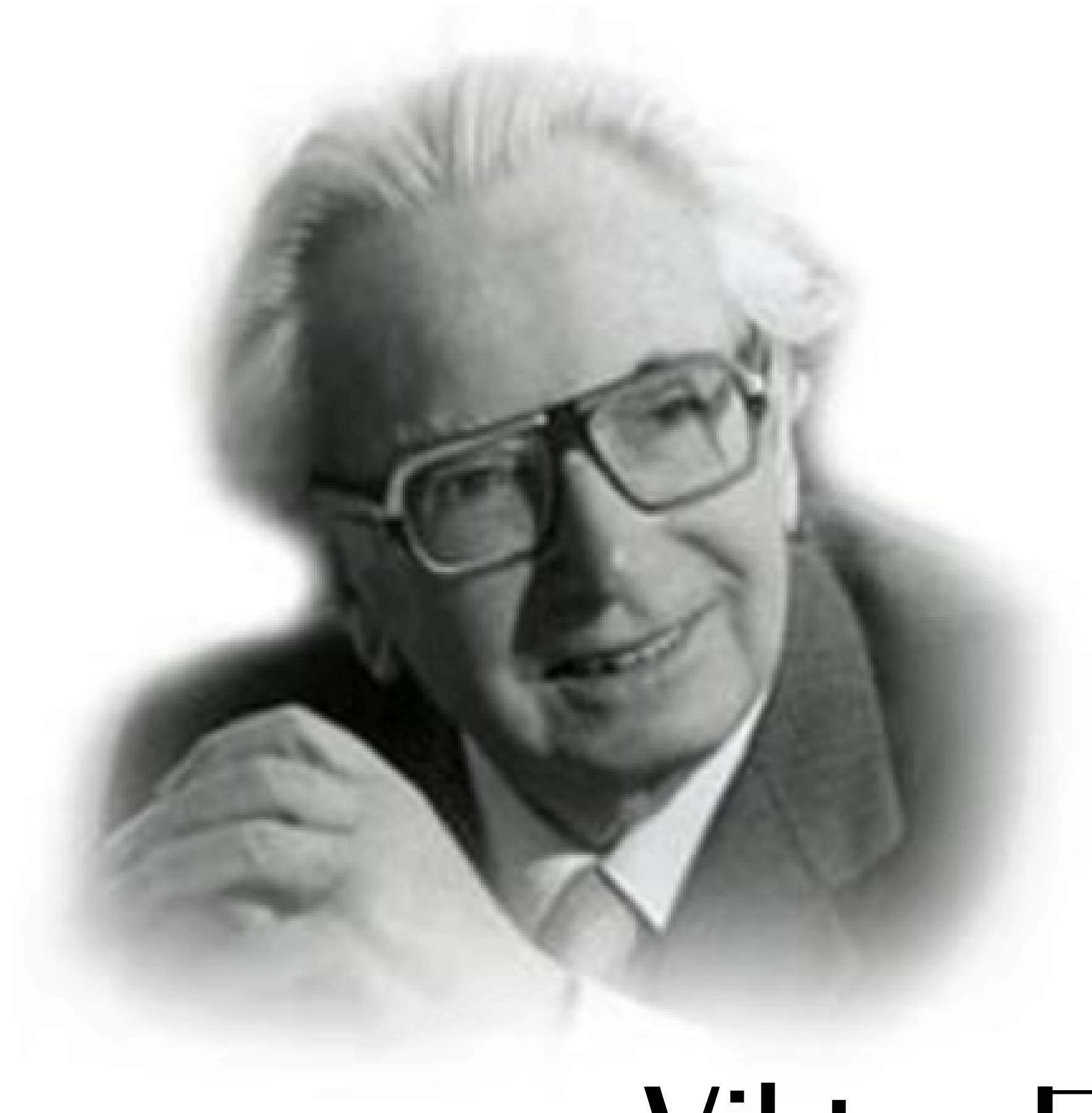




Silent Witness

Gentry, J.E. & Dietz, J.J. (2020)





Viktor Frankl

"What is to give *Light* must endure burning."

-Victor Frankl



Reframe the Problem

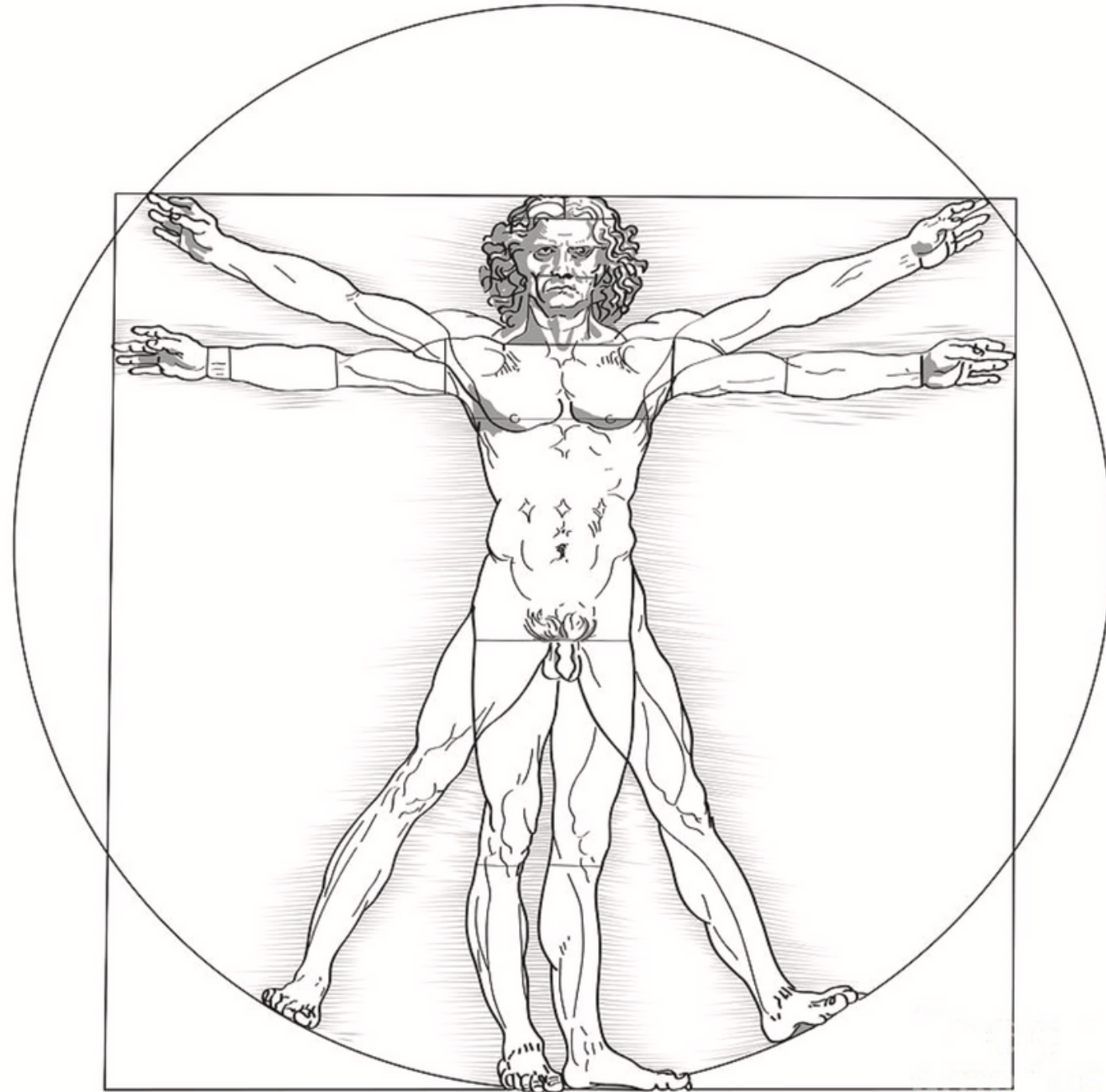
1. Is your job stressful?
2. If so, what are the causes of your work stress?
3. What are some of the negative effects of work-related stress among you and your co-workers?

**What do you like about
your work?**



Is that enough?





Homeostasis





Hans Selye





Compassion Fatigue (CF)



Typical CF Symptoms

- Physical
- Psychological and Emotional
- Professional
- Spiritual





-The chronic condition of perceived demands outweighing perceived resources.



Common Symptoms

- Fatigue
- Depression
- Malaise
- Increased Absenteeism
- Irritability
- Anxious
- Alcohol & Drugs
- Helplessness
- Cynicism
- Withdrawal
- Isolation
- Shutting Down
- Relational Difficulty

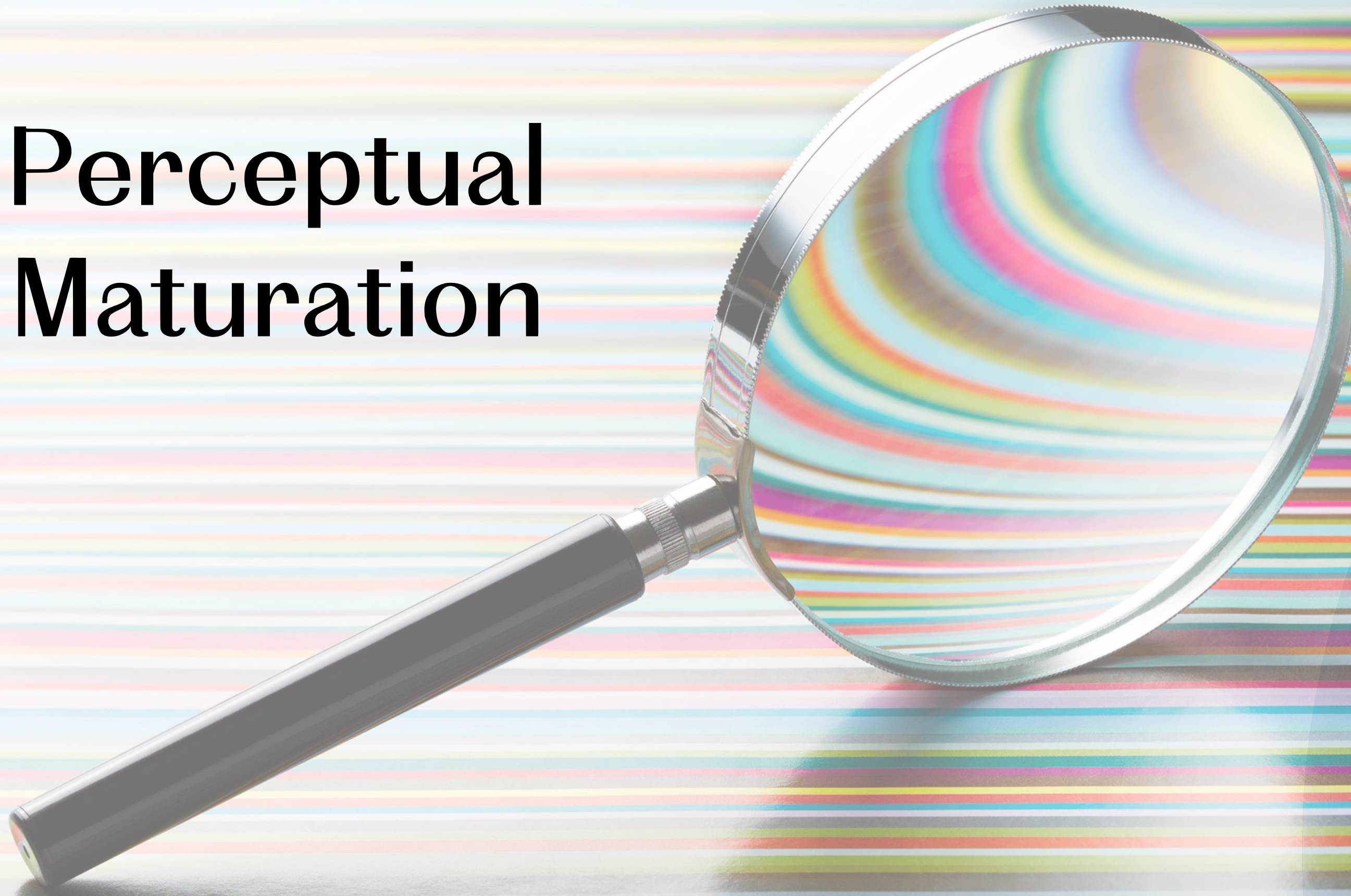


The Solution

- Perceptual Maturation
- Connection & Support



Perceptual Maturation



Perception and Trauma Genesis

"Are You in Danger Right Now?"

*"Change the way you look at things and
the things you look at change"*

-Wayne Dyer

Repetition & Self-Regulation

A woman with long brown hair, eyes closed, and a serene expression is meditating. She is wearing a light-colored, textured top and has her hands resting on her chest. She is wearing several rings and a beaded bracelet. The background is softly lit, suggesting a window with blinds and some greenery. The overall mood is calm and peaceful.

-Neocortical Functioning

Self-Regulation Techniques



- Body Scan
- Muscular to Skeletal Awareness
- Peripheral Vision
- Pelvic Floor Relaxation
- Diaphragmatic Breathing



Connection & Support



Goals of Connection & Support



1. To be our eyes assisting us in monitoring ourselves and notifying us when we begin to show early signs of burnout.

We intentionally empower these people to “call us out” and confront us during these times.

2. To hold us more personally accountable for our behaviors and actions.

3. To facilitate the safe resolution of our accumulated traumatic experiences.

4. To provide social support.

