

EBB & FLOW

Connections • Cooperative

Addressing Compassion
Fatigue & Burnout

Connection to Heal

LYNN MCLAUGHLIN &
KAREN IVERSON RIGGERS

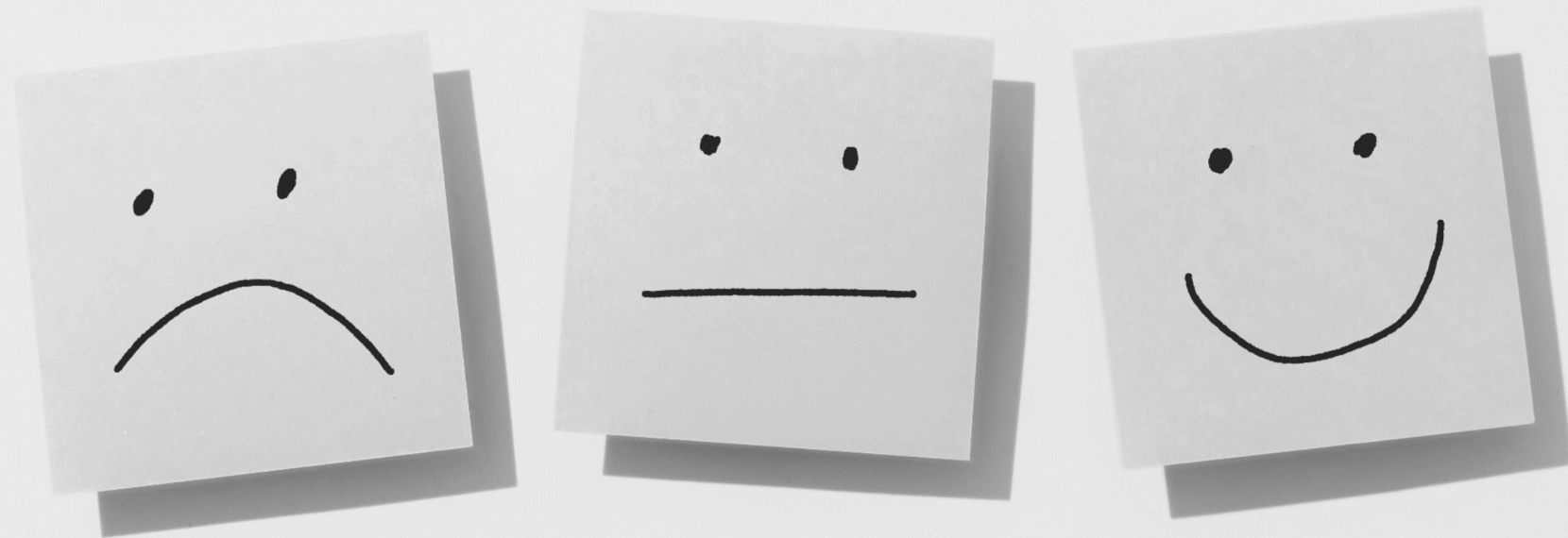
The background is a solid teal color. In the center, there is a large, semi-transparent circular area. Inside this circle, a stack of smooth, rounded stones is visible, with some stones stacked vertically and others horizontally. The stones are in shades of grey and brown. The overall aesthetic is calm and contemplative.

“

The expectation that we can
be immersed in suffering and
loss daily and not be touched
by it is as realistic as
expecting to walk through
water without getting wet.

DR. NAOMI RACHEL REMEN

”



Whatever you are
feeling is NORMAL.

THERE IS NOTHING WRONG WITH YOU!

It is NORMAL to feel overwhelmed,
despondent, or even angry.



Defining Compassion Fatigue


Emotional withdrawal, accompanied by mental and physical exhaustion, that takes place when someone cares for sick or traumatized people over an extended period of time,

“Apathy or indifference toward the suffering of others”
that can take place when we’re overly
exposed to tragedy and pain



Defining Burnout

A state of physical or emotional exhaustion that
also involves a sense of reduced
accomplishment and loss of personal identity



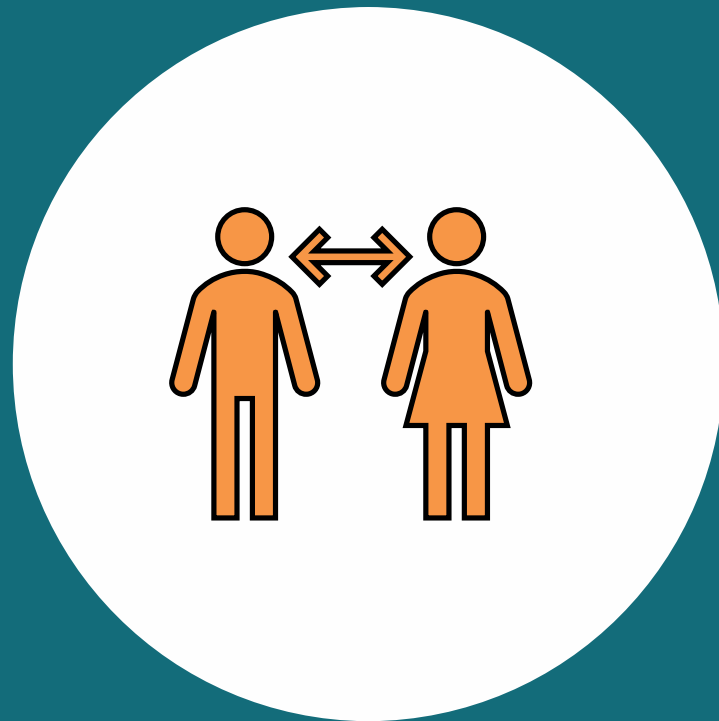
The how to avoid burn out and self care tips gotta include a focus on capitalism, patriarchy and white supremacy. These are the systems causing stress, not your lack of a facial and an expensive new pillow.

Tricia Hersey, The Nap Ministry
from
[@thenapministry.com](https://thenapministry.com)



What does it look/feel like?

COMPASSION FATIGUE & BURNOUT



Blaming others
for our
suffering



Physical effects:
Struggling to
concentrate, insomnia,
body effects



Bottling up
emotions

Group Wisdom



SHARE WITH US

What does
compassion
fatigue and
burnout look
like/feel like
to you?



Awareness and Connection



Connecting with Emotion

SLOW DOWN, PAUSE,
LISTEN



Validating Emotion

SELF COMPASSION,
HONORING, WITNESSING

THE JOURNEY TO AUTHENTICITY

Our human needs: attachment
and authenticity.

We often sacrifice our authentic
self for attachment (“people
pleasing”).



Let's Talk Self Care



THE MESSAGE

“Go away and take care of yourself” or “You need some self care”.

SELF CARE & CONNECTION

Deepening our relationship with self and our emotions.

COMMUNITY CARE

Healing happens in relationships. Finding healing through connection.

Reimagine productivity.
It is not exhaustion.
It is not grinding yourself
like a machine.
You are not a machine.

Rest.
The Nap Ministry
@thenapministry

Imagine (Slow Down!).

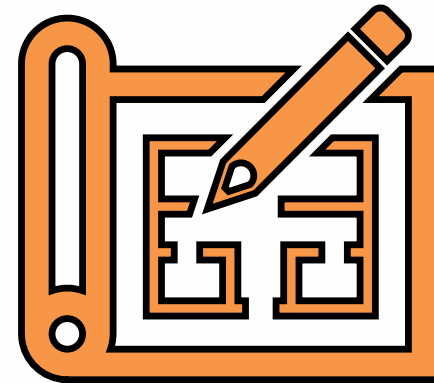
- Pause. Rest. Accept the invitation to the “Dream Space”
- In slowing down, we can imagine and invite new possibilities.
- You are a human BEing, not a human DOing

Healing Compassion Fatigue & Burnout

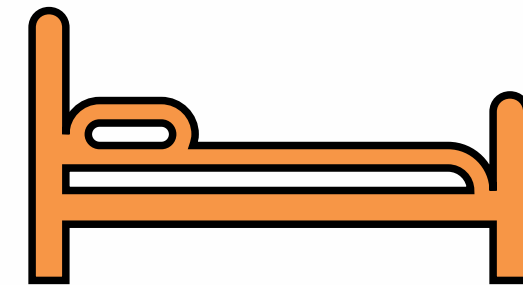
PRACTICES AND IDEAS



Self
Compassion



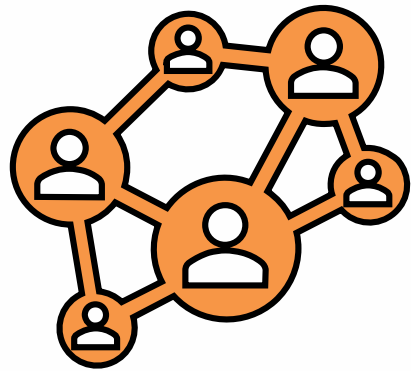
Emotional
Boundaries



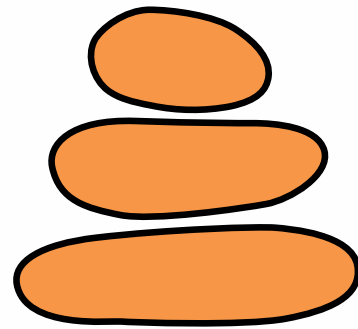
Rest

Healing Compassion Fatigue & Burnout

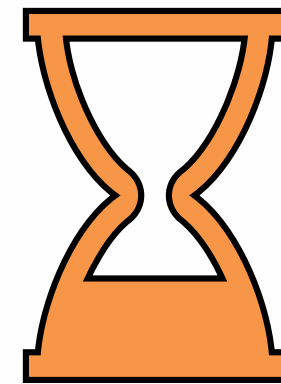
PRACTICES AND IDEAS



Connection is
Prevention



Finding
Touchstones



Take 90
Seconds

50 Ways to Take a Break

REST
your legs up on a wall

Take a Bath

Listen to Music

Take a Nap

Go to a body of water

Watch the clouds

Watch the stars

Write a Letter

2x
Move twice as slowly

Sit in NATURE

Let out a sigh

Fly a Kite

Read a Book

Listen to a guided relaxation

Learn something NEW

Take Deep Belly Breaths

MEDITATE

Notice your Body

Call a Friend

Meander around Town

Buy some Flowers

Find a relaxing scent

Walk outside

WRITE in a journal

Go for a run

Take a bike ride

pet a furry creature

Create your own coffee break

View some ART

read or watch something FUNNY

Engage in small acts of KINDNESS

Put on some music and DANCE

Give Thanks

Read poetry

Write a quick poem

Paint on a surface other than paper

Do some gentle stretches

COLOR with Crayons

Examine an everyday object with Fresh Eyes

Turn off all electronics

Go to a park

Drive somewhere NEW

Make some MUSIC

Climb a Tree

Go to a Farmer's Market

Forgive Someone

Let go of something

Take a Break

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Group Wisdom



SHARE WITH US
What healing
connections
have you
found?

A large teal circle containing a background image of stacked stones. The stones are smooth, rounded, and stacked in a vertical column, with some stones slightly offset to create a sense of depth. The stones are light-colored, possibly white or light grey, and are set against a blurred background of more stones.

“

What happens when
people open their
hearts? They get
better.

HARUKI MIRAKAMI

”



Contact Details

YOU CAN REACH US HERE

WEBSITE

www.ebbandflowcooperative.com

FAC EBOOK & INSTAGRAM

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