

# Caring Safely®

## Growth over burnout

## Your current experience – input vs. output

- Your daily life roles and responsibilities:
  - In a given day, what are all the tasks you need to accomplish in order to fill your roles and responsibilities personally and professionally (think output on the wellness gauge)
- Your daily life nourishing activities:
  - In a given day, what are all the activities you have that nourish you personally and professionally (think input on the wellness gauge)

## Your current experience – is it sustainable

- Looking at your input vs. your output, is this something that you believe:
  - Is currently manageable?
  - Is manageable for a long period of time?
  - Is the way you want your daily life and quality of life to be?
- Would you recommend someone else strive to maintain this lifestyle?
- You current signs and symptoms are a result of your current experience and what has led up to it. Your signs and symptoms, and the cost of trying to manage those signs and symptoms, are the cost of caring for you.

## Your current experience – the reason why

- **Compassionate curiosity for your current experience:** what have you experienced, up until this moment, that has led to your current daily life roles, responsibilities and tasks.
- Something has reinforced this lifestyle. It may have appeared sustainable, once upon a time, but it's now causing harm and could cause more harm. No judgement – just awareness for now.
- Beliefs developed in childhood, praise for taking care of others, expectations to put own needs aside, perception of religious beliefs about taking care of others, workplace expectations, perfectionistic tendencies and anxiety about imperfections, not feeling worthy of support/time/resources, etc.

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- Caring Safely will help you develop more awareness as to why you make the choices you make and how to change the ones that are contributing to compassion fatigue.
- No judgements about how compassion fatigue developed. In the early days you just want to start to bring awareness to what your experiences are and what's contributing to them, so you are open to trying the strategies that will help reduce compassion fatigue and lead to sustainable caring, even if they are uncomfortable at first.
- Getting comfortable with being uncomfortable will be easier if you can draw on your foundation of values and what you want your future quality of life to be. It's more effective to work towards something positive than to try escaping something negative.