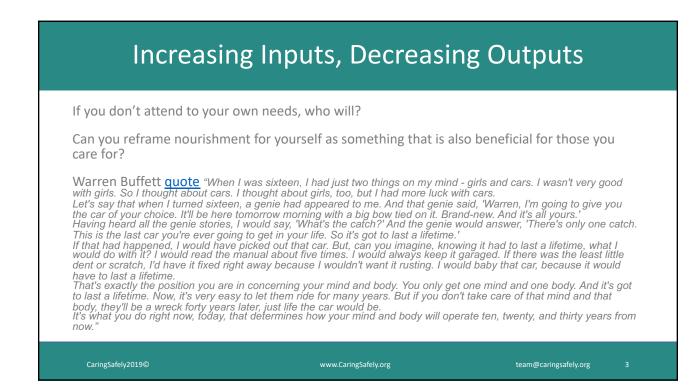


# Sustainable Caring

- Developing a Sustainable Caring practice will take time and will evolve over time.
- What you do now, in the early stages of recovery and resilience, will allow you to deepen your personal awareness and set you up for more strategies in the future.
- Continuing to monitor your well and you inputs/outputs will allow you to see the impacts of various choices/strategies that will help you decide which ones to keep and which ones to let go of.
- Sustainable Caring comes from the process of adding inputs, reducing outputs and protecting yourself from vicarious trauma/emotional contagion.

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## Value Based Living

- Personal growth comes from consistent, intentional actions. Most people aren't able to quickly reflect on their life and say they are living a value based life. Most people don't stop to reflect on their values or evaluate how their choices/actions/behaviors line up with those values.
- One of the gifts of compassion fatigue is that it motivated you enough to explore a new way of caring and a new way of living, one that is aligned with your values.
- Also, personal growth is hard. We may begin with excitement and motivation in the beginning, but almost certainly, life will throw you a hurdle and it's difficult to maintain that motivation during stressful events in life.

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## Your Ideal Day

- You have already listed your values and now we want to ignite them even more, so that they can sustain you during the ups and downs of change.
- Activity: Your ideal day in two years:
  - A Workday
  - Extreme detail of that day
  - What you're doing, how you're doing it, who is around, how do you feel.
  - What brings you the most joy
  - What is missing now
  - Work backwards from two years what small goals can you start setting now to achieve that ideal life?

Personalize and Integrate with Handout

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### Measuring Progress

- Throughout Caring Safely you've received various frameworks, assessments and scales that can be used overtime to see how you are progressing:
  - Stages of Compassion Fatigue/Signs and Symptoms
  - Professional Quality of Life
  - The Wellness Gauge
  - Input vs. Output
  - Post Traumatic Growth Inventory
  - Vicarious Resilience Scale
  - Self-Esteem Scales
  - Self-Compassion Scales
- Everyone goes throughs ups and down, but the goal is to see long-term growth and resilience with a reduction in stress, compassion fatigue and vicarious trauma.

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### More than compassion fatigue?

Compassion Fatigue is not a diagnosable psychiatric illness. If Compassion Fatigue progresses, people could develop a diagnosable psychiatric illness such as an anxiety disorder or mood disorder. These require specialized treatment from heath care professionals.

Generalized Anxiety Disorder (GAD 7) 0-4 is within normal range 5-9 mild symptoms of anxiety 10-15 moderate symptoms of anxiety 16-21 severe symptoms of anxiety Mood Disorders (Depression) (PHQ 9) 0-4 is within normal range 5-9 mild symptoms of depression 10-15 moderate symptoms of depression 16-21 moderately severe symptoms of depression

22-27 severe symptoms of depression

Handouts

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# Thank you!

- I am grateful that you have participated in Caring Safely.
- I hope that your work for Sustainable Caring has only just begun and that your personal awareness, nourishment and value based living continues to evolve.
- Your feedback is incredibly important and I review all of it.
- You will receive information about the next steps in your Caring Safely program via email.

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• Sending you unconditional good energy!

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11