

# Caring Safely®

Strategies to Foster Growth and Resilience

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## Sustainable Caring

- There are various ways to foster growth and resilience within your roles providing compassionate care.
- Looking for the positive
- Gratitude
- Adapting a problem solving approach
- Journaling for Change
  - Deliberate Rumination
  - Creating a new story
  - Gratitude journaling

## Tracking the Positive

- When we are constantly exposed to pain and suffering, as well as seeing the pain that some humans can cause other humans, our world view can begin to shift over time.
- We see the fear, the negativity, the cruelty. Eventually we may see that more than the good, the positive and the hopeful. We have to consciously look for the good. Not just the big events that are good, but the small daily events that are good.
- Often good things are already happening around us, but we forget to focus on this. Use the positive events weekly tracking sheet to intentionally bring your awareness to the good in your life and in the world.

### *Handout*

## Gratitude

Gratitude is an affirmation of goodness.

“We affirm that there are good things in the world, gifts and benefits we’ve received.” and “We recognize that the sources of this goodness are outside of ourselves. ... We acknowledge that other people—or even higher powers, if you’re of a spiritual mindset—gave us many gifts, big and small, to help us achieve the goodness in our lives.” (Emmons, R. 2010)

# The Power of Gratitude

- **Physical**
  - Stronger immune systems
  - Lower blood pressure
  - Sleep longer and feel more refreshed upon waking
- **Psychological**
  - Higher levels of positive emotions
  - More joy and pleasure
  - More optimism and happiness
- **Social**
  - More helpful, generous, and compassionate
  - More forgiving and outgoing
  - Feel less lonely and isolated.

(Emmons, R. 2010)

# Practice Gratitude

- Track one thing you are grateful for each day **and why** (*Handout*)
- Other ways to practice gratitude:
  - Keep a folder on your smart phone of images of things/experiences you are grateful for
  - Daily gratitude list each morning/evening
  - Share your gratitude with the person who is involved
  - Write your gratitude and send it in the mail

*Handout*

## A Problem Solving Approach

- As you've learned, your thoughts are very powerful and can significantly impact you in either a negative or a positive way.
- In addition, your thoughts can impact your behavior, leading to focus on the problem or a focus on solving the problem.
- "Come to me with a solution, not a problem." (supervisor).
- It can be helpful to take a strengths based approach within your problem solving approach. This means focusing on all the strengths of each person who is involved. Use their strengths and/or build on them.

## The Problem Solving Model

### **The Problem Solving Model**

- What is the problem?
- What is the desired outcome
- What can you do to meet these needs and solve the problem?
- Select a possible solution and try it out
- Check In to see if it is working

*Handout*