

Coping With Compassion Stress

Overview/Description

There is a certain type of person who not only accepts the challenges of working in a high stress emotional environment but also excels despite the demands. Whether they are working with individuals who are experiencing trauma, grief, loss, illness or other stressful concerns the people whose role it is to help others in distress are often perceived as dedicated, hardworking, selfless and compassionate. Nevertheless, it is often those whose mission it is to help others who may be at increased risk of neglecting their own self-care. This training will raise awareness of the need to maintain appropriate self-care despite the demands of work and/or the pressures of home life. The course will offer specific tips to encourage self-care in order to maintain high level of functioning both personally and professionally.

Target Audience

Employees whose primary role is to work with individuals who are dealing with trauma, significant illness, accidents, grief, loss and/or disruption of life.

Expected Duration

45-60 minutes

Workshop Objectives

At the end of this workshop, you will be able to:

- Describe how helping others in need can lead to potential self-neglect
- Understand the importance of self-care in working with an emotionally stressed population
- Understand how to perform a self-care assessment
- Describe to best strategies for implementing self-care strategies
- Identify resources available for continued self-care success