



*"We have maximized this toolkit ... it has made us a better organization and it's made us better individuals. I highly suggest this training and implementation into any organization."*

— Lisa, Compassion Resilience participant



Explore the  
Compassion Resilience  
Toolkits today!  
[eliminatestigma.org](http://eliminatestigma.org)

FLEXIBLE TOOLKITS FOR ORGANIZATIONS, TEAMS, AND INDIVIDUALS

## COMPASSION RESILIENCE

### Build a culture of well-being and compassion

Learn skills to build and maintain compassion resilience in an imperfect world. Toolkits for schools, healthcare and human services, and parents/caregivers are available to help teams and individuals build awareness and develop strategies to maintain empathy, strength, and hope, and prevent compassion fatigue.

Each Compassion Resilience Toolkit consists of several flexible and interactive sections of information, resources, and activities on topics such as realistic expectations, setting compassionate boundaries, building a culture of compassion, self-care strategies, as well as links to further learning.

Guided by a facilitator, these resources include activities for large group, small group, and team-based use as well as for individual reflection.



#### What is Compassion Resilience?

Compassion resilience is the ability to maintain emotional, mental, and physical well-being while compassionately supporting others in the face of daily challenges and demands.

**wise** END  
STIGMA  
TOGETHER  
*one story at a time*

**ROGERS**  
Behavioral Health