



INTRODUCTION

The four sectors of the compass model - Mind, Spirit, Strength and Heart - not only contribute to our overall wellness, but also provide guidance on strategies to help build our compassion resilience. Before delving in further, you may want to take a self-assessment of your current wellness practices if you weren't able to in Section 3. This assessment is meant to provide you with insight into your wellness practices and perhaps give some suggestions on additional things you can try.



INFORMATION

[Distribute this document to all participants to explore prior to this session.](#)



APPLICATIONS

Circle Agenda

[Circle Agenda for Section 8, In-Person](#)

Use this agenda if you are leading your group in a session in-person.

[Circle Agenda for Section 8, Virtual](#)

Use this agenda if you are leading your group in a session virtually.

Handouts to Support Content Covered in Circle Agenda

[Content Review Visual](#)

[Wellness Compass Assessment](#)

This assessment was first distributed during Section 3 and is a fillable PDF that can be printed or completed on an electronic device.

[Appreciative Inquire Reflection Sheet](#)

Designed to support the virtual circle agenda, this document can be shared with participants as a fillable PDF to aid in completing the appreciative inquire activity towards the end of the agenda.



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The Benefits of Mindfulness

The practice of mindfulness is displayed in this [brief, animated video](#). The goal of mindfulness is to be fully present with our emotions (HEART), with others (HEART), with our bodies (STRENGTH), with our environment (MIND), and with the universe (SPIRIT) (Davidson, 2012); therefore, mindfulness is a key skill that will form a foundation for building our compassion resilience in all four sectors of the wellness compass. It is through being fully present, aware, and observing mindfully that we can participate most effectively in building our own resilience and wellness.

A lot of mindfulness practices involve using an anchor, such as breathing, as a way to turn attention back to the present moment. In this [4-minute video](#) children show how a focus on breathing can be a helpful strategy for both adults and children. While the breath is a good anchor for many, it is not the best for everyone. Some use a focus on feeling their feet on the ground, others touch their thumb and index fingers together forming a circle, and there are many other ways to anchor ourselves.

Mindfulness is not only a mechanism to sharpen our attention, but is also a means of strengthening our compassion and empathy. Specifically, mindfulness is associated with increased self-compassion, higher compassion resilience, and lower compassion fatigue (Thielman & Cacciatore, 2014).

Developed in partnership with:



compassionresiliencetoolkit.org



Our Interpretation of Stress

Stress is a normal aspect of life that we all feel and experience at times. Our bodies have many ways to send us signals that things are out of balance. Learning to be attuned to our body so we pick up on the clues is a key skill needed to become stress resilient.

Our body sends warning signs when we are under stress. Some [physical or emotional responses](#) might include muscle tension, eating too much or too little, anger, irritability, insomnia, headaches, or a general lack of focus. Practicing mindfulness helps us to recognize these signs.

There are three questions to ask ourselves when our body is sending us those signals. First, ask ourselves “is it possible for me to avoid this situation right now?” While that often sounds like an easy yes or no answer, many people continue in situations that lead to high levels of stress and do not or cannot make the choice to walk away. If avoiding the cause of stress is not applicable, move to asking ourselves, “what might be another way of thinking about this situation?” Switching our perspective could help us to embrace any positives related to the stressor. This too can sound easy, yet it requires willingness to give up the narrative that we have developed about the situation. In case you didn’t get a chance to view the TED Talk by Kelly McGonigal shared last session on making stress our friend, [here it is again](#).

Finally, if we can neither avoid the situation nor change our perspective in a way that in turn reduces any negative impact of the stress, adjusting our lifestyle may be beneficial. Ask ourselves, “what changes could I make to my lifestyle that could help minimize the impact of the stress I am feeling?”

Acceptance and Commitment Therapy (ACT) is a therapeutic approach that can inform our understanding of stress resilience and provide one example of a way to minimize the impact of the stress we are feeling. One aspect of ACT that is particularly relevant is the emphasis on acceptance. By mindfully accepting a feeling or thought, we allow ourselves to feel the pain, naming it for what it is (“this is stress” or “this hurts”) without trying to change it in that moment. This gives us a bit of space needed to relate more positively to the stress. The practice of listening to and accepting the signs our body sends are important in our ability to be stress resilient.

The Role of Relationships

Humans were made for [connections and relationships](#) to others. Research has shown both the positive outcomes for our overall health when we feel connected to others and the decline in connectedness in America in the past 30 years.

Brené Brown, a researcher who studies courage, vulnerability, shame, and empathy, says this about human connection: *“A deep sense of love and belonging is an irresistible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don’t function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick.”*



Strong emotional health supports strong relationships and is very important to our overall wellbeing. Being able to stay present and centered even in the midst of difficult circumstances allows us to be thoughtfully responsive rather than impulsively reactive. We seek to have our emotions serve our wellbeing rather than for our emotions to overwhelm us.

Being mindfully aware of our emotions is not only valuable to our connection to those around us, but to ourselves as well. A healthy relationship with oneself is demonstrated by [being self-compassionate](#). Self-compassion involves supporting and soothing ourselves when we are struggling, just as we would for a dear friend in a similar situation. Dr. Kristin Neff researches self-compassion and has found [three elements of self-compassion](#):

1. **Be kind to yourself versus judging yourself.**
2. **Recognize your common humanity, versus isolating yourself.**
3. **Be mindful about your emotions versus over identifying with them.**

The Integration of our Values

Our sense of purpose provides direction to where we focus our energy, passion, and growth. When we live our life in alignment with our core values, we have a strong sense of purpose. Being able to articulate our core values and our sense of purpose helps guide the choices we make. In our role as caregivers, it is helpful to have a daily reminder of our overall goals as a caregiver. This helps us see the daily trials and joys of caring for others as part of the bigger picture, sometimes offering perspective and other times offering self-compassion.

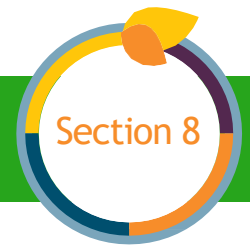
Parent & Caregiver



Circle Agenda


Circle Topic	CR Section 8: Wellness and Resilience Strategies		
<p>Planning</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Send out pre-read for Section 8 <input type="checkbox"/> Prepare materials for Session 8 <input type="checkbox"/> Write Maya Angelou quote on flipchart paper <input type="checkbox"/> Celebration treats (optional) 		
<p>Purpose of Circle</p>	<p>Today you will learn how to incorporate wellness and resilience strategies into our daily routines with a focus on:</p> <ol style="list-style-type: none"> 1. Shifting our perspective. 2. An appreciation for our competence and value. 3. How we work from a place of our values to support our family. 		
<p>Time/Materials/Preparation</p>	<p>Time: 90 minutes</p> <p>Materials:</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <input type="checkbox"/> Group agreements <input type="checkbox"/> Group values and family goals <input type="checkbox"/> Centerpiece <input type="checkbox"/> Talking piece <input type="checkbox"/> Fidgets <input type="checkbox"/> Flipchart paper with compassion resilience definition <input type="checkbox"/> Name tags </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <input type="checkbox"/> Notepaper <input type="checkbox"/> Pens <input type="checkbox"/> Flipchart paper with writing prompts for last activity <input type="checkbox"/> Handout: Content Review Visual, Wellness Compass Assessment </td> </tr> </table>	<ul style="list-style-type: none"> <input type="checkbox"/> Group agreements <input type="checkbox"/> Group values and family goals <input type="checkbox"/> Centerpiece <input type="checkbox"/> Talking piece <input type="checkbox"/> Fidgets <input type="checkbox"/> Flipchart paper with compassion resilience definition <input type="checkbox"/> Name tags 	<ul style="list-style-type: none"> <input type="checkbox"/> Notepaper <input type="checkbox"/> Pens <input type="checkbox"/> Flipchart paper with writing prompts for last activity <input type="checkbox"/> Handout: Content Review Visual, Wellness Compass Assessment
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Wellness and Resilience Strategies



Circle Topic	CR Section 8: Wellness and Resilience Strategies
Time/Materials/Preparation	Preparation: Arrange chairs in a circle without furniture in the middle. Hang compassion resilience definition and opening quote on the wall. Have post-it notes, names of participants, and pens available for participants to use in preparation for closing activity.

Opening and Check-in (20 minutes)	<p>Share</p> <ul style="list-style-type: none"> • Welcome back! I invite everyone to get into a comfortable position with your eyes closed or looking towards the ground. We are going to take a moment to pause. Take a few slow breaths. <i>(Pause)</i> Name in your mind what you want to let go of to be present in this circle and your personal reason for being here. <i>(Pause for 10 seconds)</i> I invite you to bring your attention back to the circle. <p><i>“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” - Maya Angelou</i></p> <p>Ask</p> <ul style="list-style-type: none"> • (Go-around) What word in the quote stood out to you and why? <p>Share</p> <ul style="list-style-type: none"> • This is our last time together. We have covered a lot of topics over the last seven sessions. <p>Hand out review visual and briefly highlight what was discussed for each component, ending with the wellness practices which is what will be covered today.</p>
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<p>Guiding Questions (25 minutes - Exploring Our Perspective)</p> 	<p>Exploring our Perspective</p> <p>Share</p> <ul style="list-style-type: none"> • We are going to do an activity to explore our different perspectives on the same task. • In a moment I am going to ask you to get into pairs and try to come up with one activity that one of you finds nourishing but the other finds draining. Once you’ve found that activity, have the one who finds it nourishing share why they find it that way. Do this twice so both individuals get to find an activity that is nourishing and one that is draining. <i>Give participants roughly 5 minutes to complete this.</i> <p><i>Facilitator Tip: An example of this may be budgeting. One individual finds this nourishing while another finds it draining. The person that finds it nourishing enjoys being able to plan where to spend their money, putting money aside for things they enjoy and look forward to.</i></p>
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Circle Topic	CR Section 8: Wellness and Resilience Strategies
<p>Guiding Questions (25 minutes - Exploring Our Perspective) <i>continued</i></p> <p>(10 minutes - Value-based Living)</p>	<p>Ask</p> <ul style="list-style-type: none">• (Open mic) Can I have three volunteers share one of their examples from their pair share and why one member of the pair found that activity nourishing? <p>Share</p> <ul style="list-style-type: none">• In the pre-read for Session 7, we included a link to Kelly McGonigal’s TED Talk on how to make stress your friend. The research Dr. McGonigal reviewed found that stress was more likely to kill you only if you thought it was going to kill you - it didn’t have an adverse impact on your health if you thought of stress more as an opportunity than as something negative for your health. <p>Ask</p> <ul style="list-style-type: none">• (Open mic) How does your perspective on stress impact you? <p>Share</p> <ul style="list-style-type: none">• Though certainly not always the case, looking at stress as a way our body is preparing us to grow, that our current life experiences are preparing us for future life experiences, can change our perspective and have a positive impact on our wellbeing. <p>Value-based Living</p> <p>Share</p> <ul style="list-style-type: none">• Compassion fatigue can occur when we do not feel like what we are doing is making a positive impact on those we love according to our values. At the beginning of our time together, we brainstormed our values and our family goals. <i>(Point to values and family goals in the center of the circle.)</i>• In addition to challenging our perspective on stress, values-based living builds our compassion resilience. <p>Ask</p> <ul style="list-style-type: none">• (Go-around) In the last few weeks, how have your core values guided choices you’ve made in your parenting? <p>Share</p> <ul style="list-style-type: none">• Letting our values guide us, especially in difficult times, can help us stay centered and leave us feeling more confident in the decisions we make.



Wellness and Resilience Strategies



Circle Topic	CR Section 8: Wellness and Resilience Strategies
<p>Guiding Questions (10 minutes - Reflection on Our Value)</p>	<p>Appreciative Inquiry - Individual Reflection on Our Value</p> <p>Share</p> <ul style="list-style-type: none"> The final area of wellness we are going to explore looks at life satisfaction. A contributor to our satisfaction is our awareness of our own value. <p>Hand out a piece of paper to each participant.</p> <p>Hang flipchart paper with questions below on a wall for group to see.</p> <p>Share</p> <ul style="list-style-type: none"> Considering your entire time as a parent, recall when you feel most alive, most involved, or most excited about your role as a parent. Write this answer on a piece of paper. As you reflect on your answer, write your answers to the following questions on the same paper. <p>Ask - for participant to answer on their own paper</p> <ul style="list-style-type: none"> What makes it an exciting experience? What gives it energy? What is it about you that contributes to the experience? What do you value the most about yourself - as a human being, a citizen, a parent? <p>Share</p> <ul style="list-style-type: none"> Taking time to recognize and honor our strengths is a helpful strategy in building our compassion resilience.
<p>Closing (10 minutes)</p>	<p>Have a few copies of the Wellness Compass Assessment available in case group members didn't get a copy during Section 2 and/or would like a second copy.</p> <p>Share</p> <ul style="list-style-type: none"> As we wrap up our wellness section today, I want to remind you of the Wellness Compass Assessment we shared with you during Section 2. This wellness compass incorporates what we discussed today and additional things to consider when it comes to your wellness. When you get a chance, take some time to review the assessment with the lens of exploring what you are doing well and look at what two or three things you'd like to try and improve moving forward.

Wellness and Resilience Strategies



Circle Topic	CR Section 8: Wellness and Resilience Strategies
<p data-bbox="120 380 269 480">Closing (10 minutes) <i>continued</i></p>  	<p data-bbox="456 380 505 407">Ask</p> <ul data-bbox="456 426 1377 573" style="list-style-type: none">• (Open mic) How has the wisdom from the group deepened your learning around compassion resilience?• (Go-around) What is one specific thing you will do following this group to build your compassion resilience? <p data-bbox="456 604 1487 772"><i>Facilitator Tip: In past groups, members have had interest in staying in touch with other group members. If you haven't asked already, you can ask the group if they'd like you to share everyone's contact information with the group (usually email), so they can stay in touch. If you offer this, let participants know they can talk with you privately if they'd wish for their information to not be shared with others.</i></p> <p data-bbox="456 806 529 833">Share</p> <ul data-bbox="456 852 1393 879" style="list-style-type: none">• Thank you for being part of our compassion resilience group these past eight sessions. <p data-bbox="456 911 1446 974"><i>Facilitator Tip: It can also be nice to mark the end of the group with a group photo and/or some food for the group to share either during group or after.</i></p>

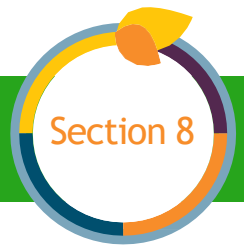
Parent & Caregiver




Virtual Circle Agenda

Circle Topic	CR Section 8: Wellness and Resilience Strategies
<p>Planning</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Send out pre-read for Section 8 <input type="checkbox"/> Prepare materials for Session 8 <input type="checkbox"/> Share handouts from Session 7
<p>Purpose of Circle</p>	<p>Today you will learn how to incorporate wellness and resilience strategies into our daily routines with a focus on:</p> <ol style="list-style-type: none"> 1. Shifting our perspective. 2. An appreciation for our competence and value. 3. How we work from a place of our values to support our family.
<p>Time/Materials/Preparation</p>	<p>Time: 90 minutes</p> <p>Documents to Share During Session:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Content Review Visual <input type="checkbox"/> Wellness Compass Assessment <input type="checkbox"/> Appreciative Inquiry Reflection Sheet <p>Items to Place in Chat During Session:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Group Agreements <input type="checkbox"/> Family Goals <input type="checkbox"/> Opening Quote <input type="checkbox"/> Group Values

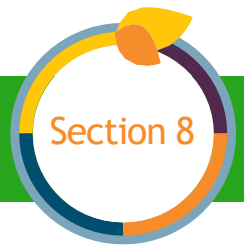
Wellness and Resilience Strategies



Circle Topic	CR Section 8: Wellness and Resilience Strategies
<p>Opening and Check-in (20 minutes)</p>	<p>Share</p> <ul style="list-style-type: none"> Welcome back! I invite everyone to get into a comfortable position with your eyes closed or looking towards the ground. We are going to take a moment to pause. Take a few slow breaths. <i>(Pause)</i> Name in your mind what you want to let go of to be present in this circle and your personal reason for being here. <i>(Pause for 10 seconds)</i> I invite you to bring your attention back to the circle. <p>Place in chat and say aloud: <i>“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” - Maya Angelou</i></p> <p>Ask</p> <ul style="list-style-type: none"> (Go-around) What word in the quote stood out to you and why? <p>Share</p> <ul style="list-style-type: none"> This is our last time together. We have covered a lot of topics over the last seven sessions. <p>Share review visual and briefly highlight what was discussed for each component, ending with the wellness practices, which is what will be covered today.</p>

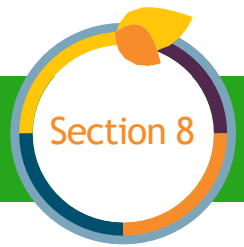
<p>Guiding Questions (25 minutes - Exploring Our Perspective)</p> 	<p>Exploring our Perspective</p> <p>Share</p> <ul style="list-style-type: none"> We are going to do an activity to explore our different perspectives on the same task. In a moment I am going to put you into pairs and ask you to come up with one activity that one of you finds nourishing but the other finds draining. Once you’ve found that activity, have the one who finds it nourishing share why they find it that way. Do this twice so both individuals get to find an activity that is nourishing and one that is draining. <i>Give participants roughly 5 minutes to complete this.</i> <p><i>Facilitator Tip: An example of this may be budgeting. One individual finds this nourishing while another finds it draining. The person that finds it nourishing enjoys being able to plan where to spend their money, putting money aside for things they enjoy and look forward to.</i></p> <p>Ask</p> <ul style="list-style-type: none"> (Open mic) Can I have three volunteers share one of their examples from their pair share and why one member of the pair found that activity nourishing? <p>Share</p> <ul style="list-style-type: none"> In the pre-read for Session 7 we included a link to Kelly McGonigal’s TED Talk on how to make stress your friend. The research Dr. McGonigal reviewed found that stress was more likely to kill you only if you thought it was going to kill you - it didn’t have an adverse impact on your health if you thought of stress more as an opportunity than as something negative for your health.
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Wellness and Resilience Strategies



Circle Topic	CR Section 8: Wellness and Resilience Strategies
<p>Guiding Questions</p> <p>(10 minutes - Value-based Living)</p> <p>(10 minutes - Reflection on Our Value)</p>	<p>Ask</p> <ul style="list-style-type: none"> • (Open mic) How does your perspective on stress impact you? <p>Share</p> <ul style="list-style-type: none"> • Though certainly not always the case, looking at stress as a way our body is preparing us to grow - that our current life experiences are preparing us for future life experiences - can change our perspective and have a positive impact on our wellbeing. <p>Value-based Living</p> <p>Share</p> <ul style="list-style-type: none"> • Compassion fatigue can occur when we do not feel like what we are doing is making a positive impact on those we love according to our values. At the beginning of our time together, we brainstormed our values and our family goals. <i>(Put group values shared during Session 1 into chat and point out the family goals in chat already.)</i> • In addition to challenging our perspective on stress, values-based living builds our compassion resilience. <p>Ask</p> <ul style="list-style-type: none"> • (Go-around) In the last few weeks, how have your core values guided choices you've made in your parenting? <p>Share</p> <ul style="list-style-type: none"> • Letting our values guide us, especially in difficult times, can help us stay centered and leave us feeling more confident in the decisions we make. <p>Appreciative Inquiry - Individual Reflection on Our Value</p> <p>Share</p> <ul style="list-style-type: none"> • The final area of wellness we are going to explore looks at life satisfaction. A contributor to our satisfaction is our awareness of our own value. <p>Share a visual of the Appreciative Inquiry Reflection Sheet. Also place a link to the fillable document into chat so participants can download and complete the sheet on their own.</p> <p>Share</p> <ul style="list-style-type: none"> • Considering your entire time as a parent, recall when you feel most alive, most involved, or most excited about your role as a parent. We are going to take a few minutes for you to reflect on that time and what it is about you that makes that time fulfilling using the reflection sheet shared in chat. <p>If time allows, have a few participants share their answer to what they value most about themselves.</p>

Wellness and Resilience Strategies



Circle Topic	CR Section 8: Wellness and Resilience Strategies
<p>Closing (15 minutes)</p>  	<p>Share the Wellness Compass Assessment as a visual reference.</p> <p>Share</p> <ul style="list-style-type: none">• As we wrap up our wellness section today, I want to remind you of the Wellness Compass Assessment we shared with you during Section 2.• This wellness compass incorporates what we discussed today and additional things to consider when it comes to your wellness. When you get a chance, take some time to review the assessment with the lens of exploring what you are doing well and look at what two or three things you'd like to try and improve moving forward. <p>Ask</p> <ul style="list-style-type: none">• (Open mic) How has the wisdom from the group deepened your learning around compassion resilience?• (Go-around) What is one specific thing you will do following this group to build your compassion resilience? <p><i>Facilitator Tip: In past groups, members have had interest in staying in touch with other group members. If you haven't asked already, you can ask the group if they'd like you to share everyone's contact information with the group (usually email) so they can stay in touch. If you offer this, let participants know they can talk with you privately if they'd wish for their information to not be shared with others.</i></p> <p>Share</p> <ul style="list-style-type: none">• Thank you for being part of our compassion resilience group these past eight sessions. <p><i>Facilitator Tip: Don't forget to email the handouts from today's session, contact information for group members (if members are willing to share), and send individual emails to each participant with the comments from their group members.</i></p>



Compassion Resilience Overview

Toolkit url: Compassionresiliencetoolkit.org
For ongoing support: WISE@wisewisconsin.org

Building Our Compassion Resilience

- The power to return to a position of empathy, strength, and hope after the daily experience of the challenges our children face and those we face as their caregivers.
- To be optimistic in an imperfect world.



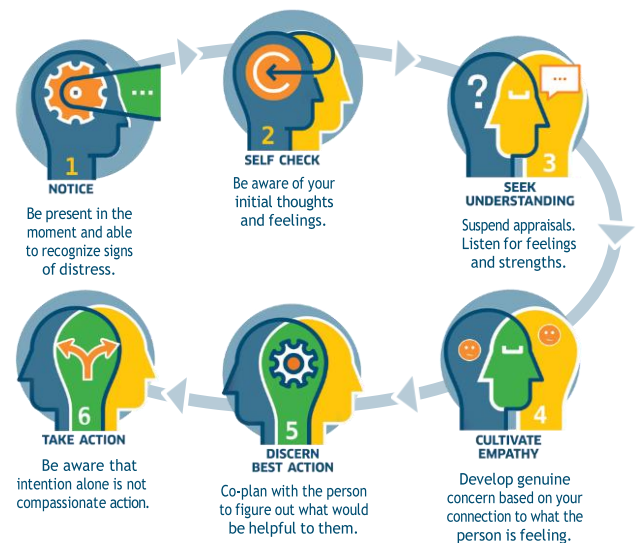
1. **Understand what it means** to act with compassion.
2. **Identify stages of fatigue**, the underlying causes and what is within our control.
3. **Minimize** what leads to **compassion fatigue** and **maximize** what makes us **resilient**.
4. **Set clear, realistic and aspirational expectations** for ourselves and others.
5. **Set personal and family boundaries** to support our ability to meet those expectations.
6. **Explore how we influence the behavior** of those we care for through the development of their knowledge and will.
7. **Put strategies into practice** that build and maintain our individual wellbeing.

You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself.

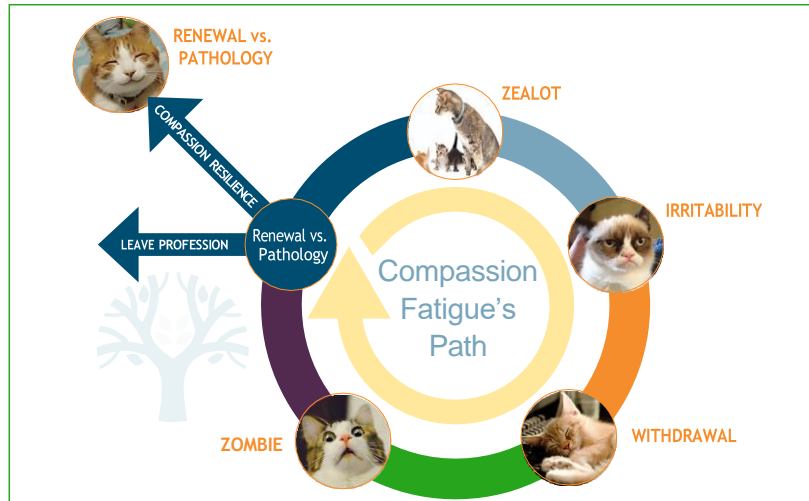
Self-Compassion

1. Self-kindness vs. judgment
2. Common humanity vs. isolation
3. Mindful of vs. over-identifying with emotions

Compassionate Action Steps



(Combined from works of Monica Worline, *Awakening Compassion at Work*, 2017 and Beth Lown, *The Schwartz Center for Compassionate Healthcare*, 2014)



Drivers of Compassion Fatigue and Resilience

What can I control?

For what do I lack a sense of control?

How much focus do I give to what I cannot control?



Section 5: Expectations



Communicating/understanding the why, the what, and the how of desired actions.

1. What impact has your unrealistic self-expectations had on your wellbeing?
2. What has the impact been of unrealistic expectations on your family culture?
3. What is an unstated expectation that you have for your child and how can you clarify it?

Section 6: Compassionate Boundary Setting

And then I learned the spiritual journey had nothing to do with being nice. It had to do with being real and authentic. Having boundaries. Honoring and respecting my space first, others second. And in this space of self-care, being nice just happened, it flowed... not motivated by fear, but by LOVE.

By Michelle Olak

Tips for Setting Compassionate Boundaries



1. Know what you want to say "Yes" to in your life (values, behaviors, and priorities).
2. Be proactive. Have "meetings" to discuss boundaries. Structure offers safety for both sides.
3. Just say it! Don't make them guess. Use simple and direct language.
4. Reinforce by pointing out the violations IN THE MOMENT.
5. Give explanations that are specific, relevant to the other person, and offer shared solutions.
6. Back up your boundary with action. If you give in, you invite people to ignore your needs.

Model of Influence

Knowledge	Will
Information: Clear communications of our expectations	Attitude: Projected attitude of child's abilities
Example: Modeling our expectations for our children	Consequences: Consistent and focused on positive behavior as much as possible
Experience: Providing opportunities to practice	Grace: How we respond when our child make mistakes

Wellness Strategies



- Gratitude
- Slow breaths
- Affirmations
- Self-awareness
- Anchoring in the present moment
- Connecting to your values every day

The Wellness Compass Practices Assessment

“Self-care is not an indulgence. Self-care is a discipline. It requires tough-mindedness, a deep and personal understanding of your priorities, and a respect for both yourself and the people you choose to spend your life with.” - Tami Forman

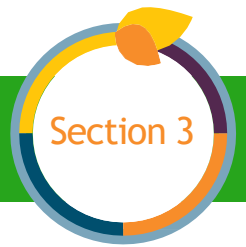
The following worksheet for assessing wellness practices is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, “I would never do that”? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life.


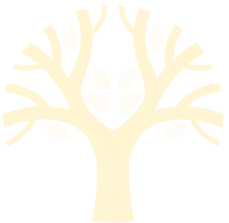

Rate the following areas according to how well you think you are doing:

3 = I do this well (e.g., frequently)	0 = I never do this
2 = I do this OK (e.g., occasionally)	? = This never occurred to me. I might be interested
1 = I barely or rarely do this	N/A = doesn't apply or it's not of interest to m

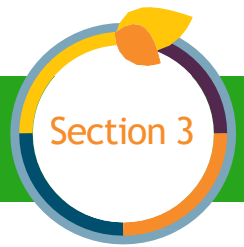
<p>HEART</p>	<p>Relationships</p> <ul style="list-style-type: none"> <input type="checkbox"/> Spend time with others whose company I enjoy <input type="checkbox"/> Stay in contact with important people in my life <input type="checkbox"/> Make time to reply to personal emails/letters; send holiday cards <input type="checkbox"/> Allow others to do things for me <input type="checkbox"/> Enlarge my social circle <input type="checkbox"/> Ask for help when I need it <input type="checkbox"/> Share a fear, hope, or secret with someone I trust <input type="checkbox"/> Resolve a conflict with people in a productive way <input type="checkbox"/> If relevant, spend time with my companion animals <input type="checkbox"/> If relevant, schedule regular dates with my partner or spouse <input type="checkbox"/> If relevant, schedule regular activities with my children <input type="checkbox"/> Other: 	
	<p>Emotions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Give myself affirmations, praise myself <input type="checkbox"/> Practice self-compassion <input type="checkbox"/> Practice being mindfully present <input type="checkbox"/> Re-read favorite books, re-view favorite movies <input type="checkbox"/> Seek out comforting activities, objects, people, and places <input type="checkbox"/> Allow myself to cry <input type="checkbox"/> Find things that make me laugh <input type="checkbox"/> Notice my inner experience - my thoughts, beliefs, attitudes, feelings <input type="checkbox"/> Express my outrage in social action, letters, donations, marches, protests <input type="checkbox"/> Use emotional regulation strategies <input type="checkbox"/> Other: 	



Compassion Fatigue



<p style="text-align: center;">SPiRiT</p> 	<p>Core Values</p>	<p>_____ Identify what is meaningful and notice its place in my life</p> <p>_____ Find a connection/community that shares my values</p> <p>_____ Have experiences of awe</p> <p>_____ Contribute my time or other resources to causes in which I believe</p> <p>_____ Read books or listen to talks/music that inspire me</p> <p>_____ Choose to focus my attention on ideas, people and situations that nurture my optimism and hope</p> <p>_____ Be aware of the non-material aspects of life that I value</p> <p>_____ Be curious and engage in conversations with other people about their values</p> <p>_____ Other:</p>
	<p>Rest & Play</p>	<p>_____ Explore how to maintain balance in my work and non-work life</p> <p>_____ Make time for reflection to balance time spent doing</p> <p>_____ Take vacations</p> <p>_____ Take day trips or mini-vacations</p> <p>_____ Do something that makes me laugh</p> <p>_____ Take rest breaks in the day - a walk at work, brief nap, etc.</p> <p>_____ Spend time in nature</p> <p>_____ Sing</p> <p>_____ Meditate</p> <p>_____ Dance, swim, walk/run, play sports, or other physical activities</p> <p>_____ Other:</p> 
<p style="text-align: center;">STRENGTH</p> 	<p>Stress Resilience</p>	<p>_____ Make time away from telephones, email, and the Internet</p> <p>_____ Make time for self-reflection</p> <p>_____ Have my own personal support - professional or peer</p> <p>_____ Write in a journal</p> <p>_____ Read about things that are unrelated to work</p> <p>_____ Do something at which I am not an expert or in charge</p> <p>_____ Attend to minimizing stress in my life</p> <p>_____ Learn something new</p> <p>_____ Say no to extra responsibilities sometimes</p> <p>_____ Practice accepting discomfort</p> <p>_____ Practice gratitude</p> <p>_____ Other:</p>

Compassion Fatigue



<p style="writing-mode: vertical-rl; transform: rotate(180deg);">STRENGTH</p> 	<p>Care for Body</p>	<p>_____ Eat regularly (e.g., breakfast, lunch, and dinner)</p> <p>_____ Eat healthily</p> <p>_____ Exercise on a regular basis</p> <p>_____ Explore new ways to exercise</p> <p>_____ Get regular medical care for prevention</p> <p>_____ Get medical care when needed</p> <p>_____ Take time off when sick</p> <p>_____ Get regular comforting, relaxing and/or healing touch</p> <p>_____ If relevant, take time to be sexual - with myself, with a partner</p> <p>_____ Get enough sleep</p> <p>_____ Wear clothes I like</p> <p>_____ Make healthy decisions around use of alcohol, tobacco, and other drugs</p> <p>_____ Other:</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">MIND</p> 	<p>Work</p>	<p>_____ Take a break during the workday (e.g., lunch)</p> <p>_____ Have intentional conversations with co-workers</p> <p>_____ Make quiet time to complete tasks</p> <p>_____ Identify projects or tasks that are exciting and rewarding</p> <p>_____ Set limits/boundaries with colleagues and people you serve</p> <p>_____ Balance work so that no one day or part of a day is “too much”</p> <p>_____ Get regular supervision or consultation</p> <p>_____ Negotiate for my needs</p> <p>_____ Have a peer support group</p> <p>_____ Other:</p>
	<p>Organization</p>	<p>_____ Make a budget for how I plan to spend and save money</p> <p>_____ Keep track of how I spend my money</p> <p>_____ Use a calendar to plan my day, week, month, year</p> <p>_____ Prioritize how I spend my time</p> <p>_____ Arrange my living space so it is comfortable and comforting</p> <p>_____ Arrange my workspace so it is comfortable and supports my efficiency</p> <p>_____ Accomplish the tasks I plan each day</p> <p>_____ Other:</p>



Overall Balance

_____ Maintain balance among work, family, relationships, play, and rest

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). Transforming the pain: A workbook on vicarious traumatization. Norton. The compass model is adapted from the work of [The Samaritan Family Wellness Foundation](#).



Appreciative Inquiry Reflection Sheet

Taking time to recognize and honor our strengths is a helpful strategy in building our compassion resilience. Take a moment to reflect on your strengths as it relates to parenting and caregiving.

1. Considering your entire time as a parent/caregiver, recall when you feel most alive, most involved, or most excited about your role as a parent/caregiver?

2. Using the example you wrote down for question one, answer the following questions.
 - a. What makes it an exciting experience? What gives it energy?

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b. What is it about you that contributes to the experience?

c. What do you value the most about yourself - as a human being, a citizen, a caregiver?

3. Insert your group members' comments about how you added to the quality and joy of their group experience here (they will be emailed to you after your final group).