



## Compassion Resilience for Parents and Caregivers

# Content Outline



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.