



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.

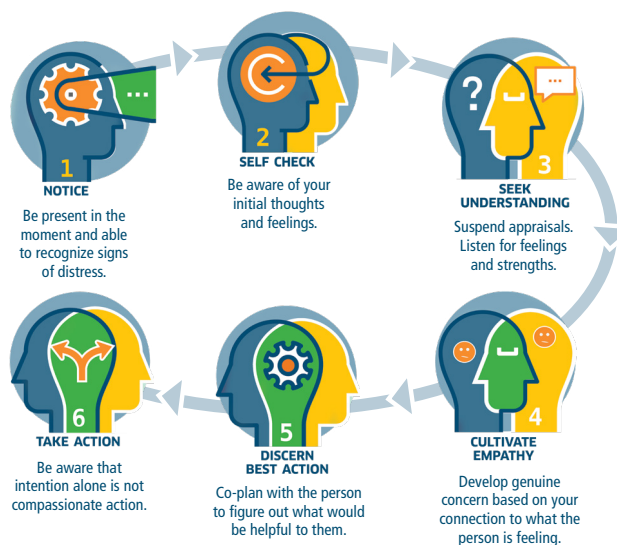
You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself.

Self-Compassion

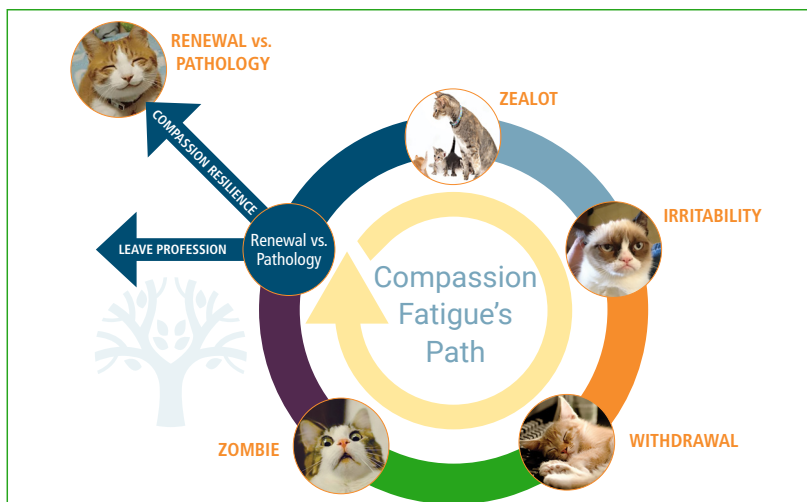
1. Self-kindness vs. judgment
2. Common humanity vs. isolation
3. Mindful of vs. over-identifying with emotions



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

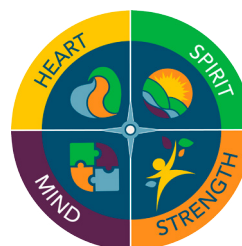


1. Know what you want to say "Yes" to in your life (values, behaviors, and priorities).
2. Be proactive. Have "meetings" to discuss boundaries. Structure offers safety for both sides.
3. Just say it! Don't make them guess. Use simple and direct language.
4. Reinforce by pointing out the violations **IN 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