

Developing A Compassion Fatigue Protection Toolkit For Yourself

What would go in my CF protection toolkit?

What are my warning signs – on a scale of 1 to 10, what is a 4 for me and what is a 9?

Scheduling regular check in, every week – when will mine be?

What things do I have control over?

What things do I not have control over?

What stress relief strategies do I enjoy? (taking bath, sleeping well or going for a massage)

What stress reduction strategies work for me? Stress reduction means cutting back on things in our lives that are stressful (switching to part time work, changing jobs, rejigging your caseload, etc.)

What stress resiliency strategies can I use? Resiliency strategies are relaxation methods that we develop and practice regularly such as meditation, yoga or breathing exercises.