

BURNOUT & COMPASSION FATIGUE: STRATEGIES TO PROMOTE RESILIENCE

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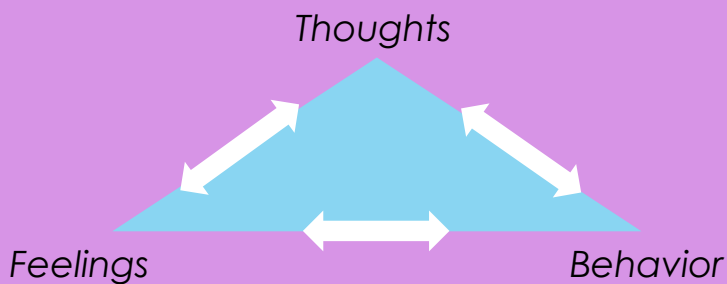
Burnout and **compassion fatigue** are occupational hazards, particularly in healthcare.

Support your mental health

- Accept your feelings (Example:; "I am stressed and that is understandable")
- Engage in self-care
- Maintain social relationships
- Monitor media intake
- Live within your means and try to maintain safety
- Redistribute responsibilities when possible (e.g., ask family, friends and coworkers for help)
- Ask for help and emotional support

Focus on what is in your control

Use the Cognitive-Behavioral Triangle



Intrusive thoughts and negative feelings (such as worry) can be normal!

Cognitive restructuring can help:

- Monitor your thoughts
- Gently challenge thoughts
- Cue relaxation/observation via posture and breath, rather than tense/guarded

Remember: Posttraumatic growth can be a positive aspect of extreme stress

Engage in self-care

- Involves activities to take care of our mental, physical, and/or emotional health
- Identify areas which you are active
- Identify areas that are ignored
- Start small – choose **one** activity to focus on for the next week. Examples:
 - Social support – call/text a friend
 - Exercise – take the stairs instead of the elevator
 - Healthy eating
 - "Me time" – take time to read
- Set a SMART goal:
 - Specific
 - Measurable
 - Actionable
 - Relevant
 - Timely

Engage in self-compassion

Treat yourself as you would treat a friend

Be mindful

- Active, open attention to the present
- Observe your thoughts and feelings without judgment
- Breathe deeply
- Engage in mindfulness exercises*

Try relaxation training

- Diaphragmatic/"belly" breathing*
- Progressive muscle relaxation*
- Guided imagery*

*There are lots of great, free apps to help learn and practice these skills

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