

OMSSA Mental Health Forum

June 12-13, 2019

Born to Influence

Sustaining a Life of Impact

The logo for Melanie Willard features a stylized graphic of three red chevrons pointing right, followed by the name "Melanie Willard" in a black, cursive-style font, and another red chevron pointing right.

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Compassion Fatigue & Vicarious Trauma

Could include the symptoms of burnout (on the left) AND the symptoms on the right.

- Apathy
- Negative
- Isolation
- Insomnia
- Irritability
- Overwhelmed
- Chronic fatigue
- Anxiety
- Depression
- Lose sense of purpose



- Hopelessness
- Loss of joy
- Exhaustion
- Cynicism
- Intrusive thoughts
- Loss of boundaries
- Lack of effectiveness
- Discouraged about the world
- Inability to "feel" compassion
- Dark, sarcastic humour

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PTSD & Compassion Fatigue

Physical

- Nausea
- Intestinal upset
- Fatigue
- Rapid heart rate
- Chest pains
- Chills
- Feel faint/dizzy
- Headaches

Emotional

- Anxiety
- Sadness
- Depression
- Fear
- Guilt
- Panic
- Anger

Cognitive

- Memory problems
- Poor attention
- Nightmares
- Intrusive thoughts
- Disorientation
- Poor problem solving
- Poor decision making
- Sleep disturbance
- Flashbacks

Behavioural

- Withdrawn
- Restless
- Emotional outbursts
- Alcohol/drug abuse
- Irritability
- Blaming
- Change in appetite
- Startle easy
- Asking why

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Symptoms of Burnout

- | | | |
|--|---|---|
| <input type="checkbox"/> Apathy | <input type="checkbox"/> Irritability | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Chronic Fatigue | <input type="checkbox"/> Anxiety/Depression |
| <input type="checkbox"/> Lost sense of purpose | <input type="checkbox"/> Decreased performance | <input type="checkbox"/> Inability to concentrate |
| <input type="checkbox"/> Isolation | <input type="checkbox"/> Every day is a bad day | |

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Definitions:

Trauma: A violent or disturbing experience or event over which you have no control.

Burnout: The physical or mental collapse caused by overwork or stress.

Compassion Fatigue: Is fatigue, apathy or the gradual lessening of compassion resulting from the constant demands of caring for others.

Vicarious/Secondary Trauma: Is the result of witnessing or being exposed to traumatic events.

PTSD: A normal, psychological reaction that is always linked to a critical incident or a traumatic event. It is an injury to the brain.

PTSD is NOT: A disease. Anything to be ashamed of. It is NOT a sign of weakness or failure.

Gifts to give yourself

- Space to breathe.** Don't put expectations on how you *think* you "should" be doing.
- Patience** with yourself and others who don't understand what you are going through.
- Time** to heal and give back to yourself.
- A friend** and accountability partner.
- Love** yourself in your brokenness.
- Permission** to be human.
- Grace** to make mistakes.
- Be gentle** with yourself.

Rrrrrremedies that help re-balance

- Rest- meditate,** prayer, be in nature, do activities YOU enjoy. Are you able to stop, or do you experience anxiety when you do?
- Reflect-** on your work/life balance. Where has that brought you?
- Recalibrate-** STOP and change any **habit** leading you down the wrong path.
- Refuel-** your body with proper diet, exercise, sleep and avoid caffeine, alcohol, drugs...
- Resist the YES-** learn to say NO. Learn to disconnect and create boundaries to live by.
- Re-examine-** Weed out relationships that do not add value to your life, that deplete you.
- Reconcile-** and forgive those who have hurt you. Harboring offense requires energy, and like cancer it's toxic to your entire being. Forgive YOURSELF for calls gone wrong.
- Remove-** everything that distracts you from your freedom, yourself and your family.
- Remember-** You are NOT going crazy.