

REDUCING BURNOUT

WITH SUSTAINABLE COMPASSION

TODAY'S PRESENTATION

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O V E R V I E W

BURNOUT AND ITS IMPACT
COMPASSION – WHAT IS IT AND IS NOT
WAYS TO SUSTAIN COMPASSION

IMPACTS OF BURNOUT

COMPASSION FATIGUE

- sitting in the pain and suffering too much

DISCONNECTION

- losing the passions of our lives

ATTITUDE

- becoming cynical, jaded, dissatisfied

COMPASSIO
N



COMPASSION

Means "TO SUFFER WITH" - feeling MOVED by others' suffering so that your HEART responds to their pain, offering KINDNESS and UNDERSTANDING in the face of our common humanity.

WHAT COMPASSION IS NOT

- “Contemptuous Pity”
- Over-Identification



CHANGING HOW WE THINK AND ACT

CHANGING THINKING AND BEHAVIOR

- Acknowledge the pain you experience
- Recognize your own humanity and limits
- The “Letting Go” Paradox
- Pleasantness
- Gratitude
- Shake it off
- Small transitional behaviors

LETTING GO

CAN BE AS SIMPLE AS FOCUSING
ON

OUR BREATH





Q:

WHAT ARE THE SMALL THINGS YOU CAN DO TO SUSTAIN YOUR COMPASSION?



THANK YOU

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