Compassion Resilience Overview

Toolkit url: Compassionresiliencetoolkit.org
For ongoing support: WISE@wisewisconsin.org

Wellness and Resilience Strategies

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.

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

Content Outline

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 well-being.

Compassionate Action Steps

1. NOTICE
   Be present in the moment and able to recognize signs of distress.

2. SELF CHECK
   Be aware of your initial thoughts and feelings.

3. SEEK UNDERSTANDING
   Suspect dramatic. Listen for feelings and strengths.

4. CULTIVATE EMPATHY
   Develop genuine concern based on your connection to what the person is feeling.

5. DISCERN BEST ACTION
   Co-plan with the person to figure out what would be helpful to them.

6. TAKE ACTION
   Be sure that intervention shown is not compassionate action.

[Combined from works of Monica Warba, Awakening Compassion at Work, 2017 and Beth Lewis, The Schwartz Center for Compassionate Healthcare, 2010]
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?

“Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They’re compassionate because their boundaries keep them out of resentment.”
— Brené Brown

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 well-being?
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?

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.

Wellness Strategies

• Gratitude
• Slow breaths
• Affirmations
• Self-awareness
• Anchoring in the present moment
• Connecting to your values every day

Model of Influence

<table>
<thead>
<tr>
<th>Knowledge</th>
<th>Will</th>
</tr>
</thead>
<tbody>
<tr>
<td>Information - Clear communication of our expectations</td>
<td>Attitude - Projected attitude of child’s abilities</td>
</tr>
<tr>
<td>Example - Modeling our expectations for our children</td>
<td>Consequences - Consistent and focused on positive behavior as much as possible</td>
</tr>
<tr>
<td>Experience - Providing opportunities to practice</td>
<td>Grace - How we respond when our children make mistakes</td>
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</tbody>
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