

# System Drivers of Compassion Fatigue

## Section 4



As we have discovered in the previous sections of this toolkit, the goal of compassion resilience can be reached with the application of personal skills and perspectives combined with organizational policies and practices. In this section we will focus on the systemic factors that can negatively impact our compassion resilience and explore our response and potential role in making positive change.

We all work in imperfect systems. When we look outside of our own system to those that we rely on to provide for the health and well-being of our students and their families, we find more imperfection. The first step in lessening the negative impact of the systems in which we live and work is naming what it is about the systems that contributes to our compassion fatigue. The second step is to discover which items on that list we can change, which ones leadership can and will address, and which ones we would best be served by letting go.

### SELF-CARE



#### SPIRIT: Humor and Core Values

In this short video by Kid President we can be inspired to connect to our core values and enjoy some humor... both strategies to build compassion resilience.

[Kid President's Pep Talk to Teachers and Students](#)



#### Expectations from Self and Others

Developed in partnership with:



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