

Wellness and Resilience Strategies: Spirit

Section 9



Spirit is one of the four sectors of the compass model for self-care. Each area contributes to and helps build our compassion resilience. Spirit encompasses connecting to our sense of purpose with intentionality, exposing ourselves to resilience in those we serve, and recreating ourselves through rest and play.



Our sense of purpose provides direction to where we focus our energy, passion and growth. Being able to articulate our sense of purpose helps guide the choices we make. If our sense of purpose is not clear to us we become more vulnerable to compassion fatigue.

Understanding one's sense of purpose is linked to many positive effects.

One way to increase our understanding of our sense of purpose is by developing a professional mission statement. Mission statements help us to be aware of what we **want** to drive our thinking, decisions and actions and support us to be **intentional** in our life and specifically, in our work. (Activity found in this section of the toolkit.)

Those in the education sector are considered to be in a "helping profession." One aspect of a mission statement for people in helping professions is obviously that the outcomes of their work are beneficial to others. Compassion fatigue can occur when we do not feel like what we are doing is making a positive impact on those we seek to serve; this may feel like we are not serving our purpose. In order to support our spirit, we need to see evidence that we are making a difference in the lives of our students and to understand that they have a reservoir of resilience that, when combined with effective supports, can lead to successful and satisfying lives.

Rest and play are also key components to the spirit sector. Taking the time for rest and time for play nourishes our ability to live out our sense of purpose. Our core values and sense of purpose can determine the types of activities or recreation that fulfil us.

In this section you will look at ways to articulate your sense of purpose, expose yourself to positive stories of the impact of your work and resilience of your students and their families, and reflect on your own rest and play. It also provides school leaders with suggestions for systematizing the celebration of school staff and exposure to stories of resilience.



Wellness and Resilience Strategies - Strength

Developed in partnership with:



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