"Compassion Fatigue is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper."

- DR. CHARLES FIGLEY

"This gradual and profound emotional and physical erosion of our ability to engage compassionately with other people…particularly patients, clients, but also sometimes our loved ones."

- FRANCOISE MATHIEU

MENTAL HEALTH CONTINUUM

**SELF ASSESSMENT:** Draw dots on the arrow where you feel you fall on the mental health continuum. At the beginning of your shift? At the end?

- normal mood fluctuations
- calm & takes things in stride
- performing well
- in control mentally
- normal sleep patterns
- physically well
- good energy
- socially active
- no/limited bad habits

- irritable/impatient/anger
- nervous/anxiety
- sad/overwhelmed/hopeless
- forgetful/negative attitude
- trouble sleeping/nightmares
- muscle tension/headaches
- increasing fatigue/low energy
- decreased activity/socializing
- semi-controlled or uncontrolled bad habits

- aggression
- excessive anxiety/panic
- depressed/suicidal thoughts
- can’t perform duties, control behavior or concentrate
- sleeping too much or too little
- physical illness
- constant fatigue
- complete avoidance
- addictions

WINDOW OF TOLERANCE WHAT’S DRAINING YOUR TANK?

SELF ASSESSMENT: What’s draining your tank?

WHAT’S YOUR BIG THREE?

SELF ASSESSMENT: What are the big three warning signs for you?
- Physically:
- Emotionally:
- Behaviorally:

SELF ASSESSMENT: What’s at stake, to maintain your mental health?
- Personal:
- Societal:
- Professional:

SELF SLEEP ASSESSMENT: Other than sleeping or intimacy (sex), what do you do in bed? Are you eating? Reading? Looking at your phone?
SELF COMPASSION: RE-CALIBRATE YOURSELF

“Compassion isn’t the problem, it’s the solution.”
- FRANCOISE MATHIEU

HEALTHY COPING SKILLS: How do you refill your tank? How can you live in the “green zone?”

MAKE POSITIVE CHANGES BRINGS POSITIVE RESULTS

“Just two weeks of noticing 3 good things daily is a natural antidepressant and sleep aid.”
- DUKE UNIVERSITY

A typical brain fitness program incorporates physical exercise, cognitive training, nutrition, better sleep and meditation.
- HARVARD HEALTH

RESOURCES

Firestrong
https://www.firestrong.org

The Code Green Campaign
http://codegreencampaign.org/

IAFF Recovery Center
https://www.iaffrecoverycenter.com

Blue Paz
https://bluepaz.com/

Fit for Duty Consulting
http://fitfordutyconsulting.com

Under the Shield
https://undertheshield.com/

Turn-In – Meditation for first responders
https://www.turnin.life

Public Safety Officer 24/7 Support Line
602-433-2677

WINTER INSTITUTE CONFERENCE

Join us for our conference covering Public Safety & Behavioral Health
February 18–20, 2020 at ASU West Campus
Visit cabhp.asu.edu/winter-institute

How did we do?
links.asu.edu/octcompassionfatigue

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