

Personal Plan to Maintain Compassion Under Stress

“We can’t be compassionate with other people if we can’t treat ourselves kindly” Brené Brown

Working under cumulative stress can lead to compassion fatigue and burnout. These are some of the activities/ things we know can increase our daily capacity if we do them regularly. But life can get in the way! Let’s try to prioritise these, particularly during this time, so that we model kindness and compassion towards ourselves, and also so that we maintain our ability to be compassionate towards others.

Each week, choose one area, and imagine what it might look like for you (for example, what would you choose to do to relax?). Write it down. If barriers get in the way, write them down also. At the end of that week, consider whether it has been possible for you to get this area met. If not, consider (with other colleagues/ supervisor/ family and friends also if helpful) how to prioritise your needs at this time and overcome any noted barriers.

Make a plan, and try again the following week. Keep prioritising meeting your needs and repeating attempts until this need is being regularly met. Then see if you can add another one in.

We can consider how this is going together. People might be able to share ways they have found of doing these things for themselves (adjusting their routine/ encouraging others to assist them etc). Good luck and stay committed to building this up. You are well worth it and remember that the better resourced you are, the higher your performance is likely to be, and the more able you will be to support your team-mates and help others with their high needs at this challenging time.

Good luck with it 😊

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Exercise:

To get my exercise needs met, I could:

Barriers could be:

I could overcome these by:

Sleep:

To get my need for 7-8 hours of sleep, I could:

Barriers could be:

I could overcome these by:

Nutrition:

To get my nutritional needs met, I could:

Barriers could be:

I could overcome these by:

Hydration:

To ensure I have had enough fluids during the day, I could:

Barriers could be:

I could overcome these by:

Social relationships:

To ensure I am spending time with people I value, and am doing things for them/ the wider community, I could:

Barriers could be:

I could overcome these by:

Relaxation:

To ensure I get time to relax and switch off, I could:

Barriers could be:

I could overcome these by:

Privacy:

To ensure that I am getting at least 30 minutes of privacy a day, I could:

Barriers could be:

I could overcome these by:

Challenges:

To set myself a future challenge, I could:

Barriers could be:

I could overcome these by: