

## Self-Care & Compassion Fatigue Resources

LifeCenter's mission is to work together to save lives through organ and tissue donation. We know we can't do that important work without the special relationship we have with our healthcare partners - nurses, physicians, and so many more. Every day you show up and make a huge difference in many people's lives. We know that caring for organ donors, critically ill patients and their families can also take a toll on you emotionally, mentally and physically. We've put this resource together to help you navigate through the compassion fatigue and burn out that can come from caring for so many in a time of crisis.

### *Tips for overcoming compassion fatigue*

*Source: Magellan Healthcare COVID-19 Response*

**Make self-care a priority.** Despite your workload, do your best to practice healthy habits. Focus on making sure you are staying hydrated, sleeping as much as possible, eating nutritious meals and getting exercise when you can. Follow the COVID-19 CDC guidelines on keeping yourself and your family's risk low.

**Boost your emotional resilience.** Deep breathing, meditation, being grateful and allowing yourself some down time are ways to keep your life in balance, so you are better able to handle stress, setbacks and crises.

**Get social support.** Reaching out over the phone or through a text message to supportive loved ones, friends

and colleagues can be a calming influence and shift your perspective on what you are dealing with every day.

**Be proud of your profession.** Your work is important. You are caring for people during the first-ever pandemic caused by a coronavirus and giving them hope and strength.

**Seek professional help.** If you are experiencing distress and/or symptoms of burnout, take advantage of your healthcare and employee assistance benefits and meet with a behavioral health professional who can help.

### *Books*

**The Age of Overwhelm or  
Trauma Stewardship: An Everyday Guide to Caring for  
Self While Caring for Others**  
By Laura Van Dernoot Lipsky

**The Compassion Fatigue Workbook**  
By Francoise Mathieu

**Compassion Fatigue and Burnout in Nursing**  
By Dr. Vidette Todaro-Franceschi, PhD

**Overcoming Compassion Fatigue**  
By Martha Teater, MA, LMFT, LPC, LCAS & John  
Ludgate, PhD

### *Websites & Articles*

Magellan Health Insights:  
**Compassion Fatigue and COVID-19**

**Compassion Fatigue Awareness Project**

Psychology Today:  
**Are you Suffering from Compassion Fatigue?**

Sherrie Bourg Carter Psy.D.

GoodTherapy:  
**The Cost of Caring: 10 Ways to Prevent Compassion  
Fatigue**

## ***Ted Talks and Video Presentations***

### **Ted Talk**

**BEYOND THE CLIFF –**  
Laura Van Dernoot Lipsky

In this talk, Laura offers us a window into the cumulative toll that can occur when we are exposed to the suffering, hardship, crisis or trauma of humans, other living beings, or the planet itself.



Laura van Dernoot Lipsky is the founder and director of the Trauma Stewardship Institute and author of Trauma Stewardship. She has worked directly with trauma survivors for 28 years, including survivors of child abuse, domestic violence, sexual assault, acute trauma of all kinds, and natural disasters.

Click [here](#) to view Laura's Ted Talk

### **Video Presentation**

**SUZANNE FALTER –**  
Donation &  
Transplantation  
Symposium

After losing her 22-year-old daughter, Teal, in 2012, Suzanne's work shifted significantly as she found her own way back to joy, peace and balance.



Today, Suzanne helps those who are suffering from trauma, grief, and burnout to find wholeness and fulfillment again. This is Suzanne's presentation at the LifeCenter Northwest hosted Donation and Transplantation Symposium.

Click [here](#) to view Suzanne's presentation