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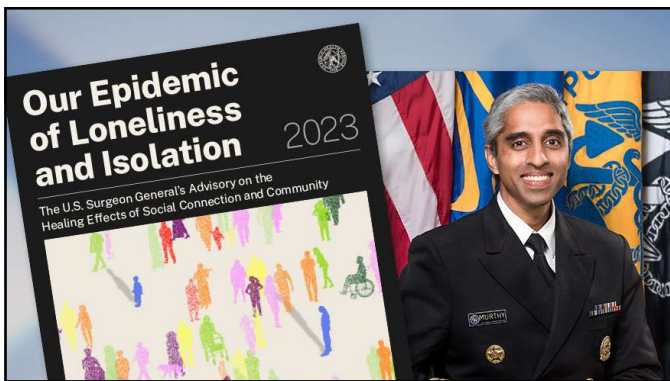
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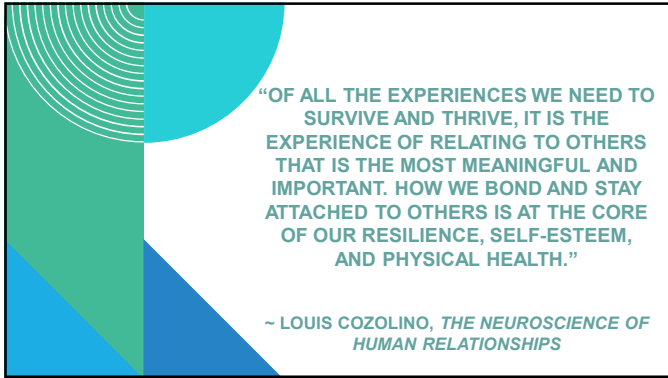
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**“OF ALL THE EXPERIENCES WE NEED TO SURVIVE AND THRIVE, IT IS THE EXPERIENCE OF RELATING TO OTHERS THAT IS THE MOST MEANINGFUL AND IMPORTANT. HOW WE BOND AND STAY ATTACHED TO OTHERS IS AT THE CORE OF OUR RESILIENCE, SELF-ESTEEM, AND PHYSICAL HEALTH.”**

~ LOUIS COZOLINO, *THE NEUROSCIENCE OF HUMAN RELATIONSHIPS*

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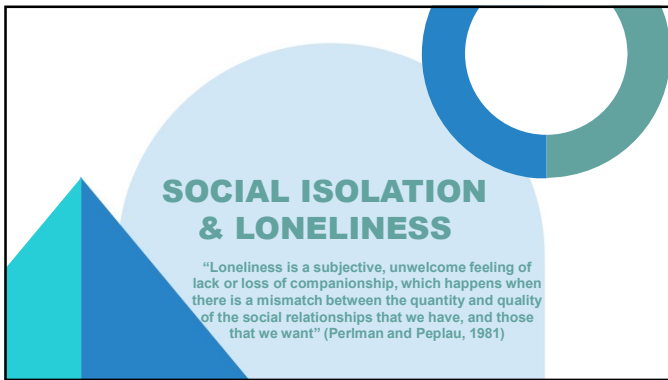
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**SOCIAL ISOLATION & LONELINESS**

“Loneliness is a subjective, unwelcome feeling of lack or loss of companionship, which happens when there is a mismatch between the quantity and quality of the social relationships that we have, and those that we want” (Perlman and Peplau, 1981)

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**CONNECTION IS MEDICINE**

- “Pain witnessed is pain transformed”
- Healing happens in relationships
- The power of the connection within
- Social connection is a protective factor
- The core of connection is being seen and heard

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**CONNECTION & EMOTION**

What have you been taught about emotion?

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**HOW to FEEL YOUR FEELINGS**

WHAT TINY STEP CAN I TAKE TO MEET MY NEED?

WHAT DO I NEED RIGHT NOW?

WHAT MIGHT THIS BE TEACHING ME?

IF IT COULD TALK, WHAT WOULD IT SAY?

WHERE DO I FEEL IT IN MY BODY?

WHAT AM I FEELING?

FEEL OFF

START HERE

xx @heyamberaz

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“ The expectation that we can be immersed in suffering and loss daily and not be touched by it is as realistic as expecting to walk through water without getting wet. ”

DR. NAOMI RACHEL REMEN

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## Defining Compassion Fatigue

Emotional withdrawal, accompanied by mental and physical exhaustion, that takes place when someone cares for sick or traumatized people over an extended period of time.

"Apathy or indifference toward the suffering of others" that can take place when we're overly exposed to tragedy and pain

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## Defining Burnout

A state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity

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## Let's Talk Self Care



**THE MESSAGE**  
"Go away and take care of yourself" or "You need some self care".

**SELF CARE & CONNECTION**  
Deepen with self and our emotions.

**COMMUNITY CARE**  
Healing happens in relationships. Finding healing through connection.

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### What is Me - CPR?

- Self Compassion
- Allowing for Process
- Processing Grief
- Comparative Suffering
- Extending Empathy
- Recognizing Connection to the Whole
- Finding Touchstones



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Reimagine productivity.  
It is not exhaustion.  
It is not grinding yourself  
like a machine.  
You are not a machine.  
  
Rest.  
The Nap Ministry  
@thenapministry

### Imagine (Slow Down!).

- Pause. Rest. Accept the invitation to the "Dream Space"
- In slowing down, we can imagine and invite new possibilities.
- You are a human BEing

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### Healing Compassion Fatigue & Burnout


PRACTICES AND IDEAS



Self  
Compassion



Emotional  
Boundaries



Rest

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## Healing Compassion Fatigue & Burnout

PRACTICES AND IDEAS

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Connection is Prevention



Finding Touchstones



Take 90 Seconds

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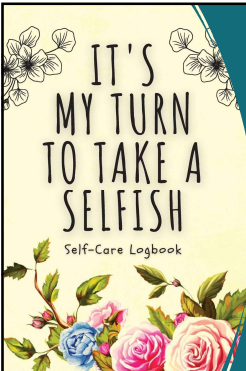
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### Why talk about boundaries?

- Suppressed discomfort and people-pleasing can cause physical, mental, emotional illness
- It lets people know what is OK and what is not
- It demonstrates self-respect
- It communicates you value yourself as much as others

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## Six 6 Types of Boundaries

*By Nedra Glover Tawwab*

Boundaries are expectations and needs in different areas of human experience that help a person feel safe and comfortable in their relationships.

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## Benefits of Setting Boundaries

*By Nedra Glover Tawwab*

- Clear roles and expectations
- More time for yourself (self-care)
- Peace of mind
- Ability to be present in areas that matter
- Honor your needs
- Less worrying about other people
- Healthy mutually supportive relationships
- Less frustration, anger, resentment and burnout

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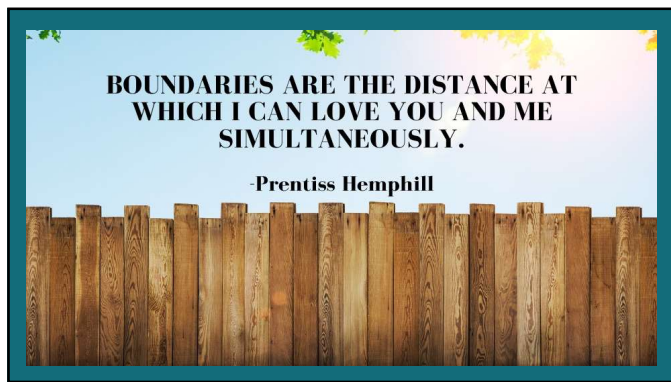
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**BOUNDARIES ARE THE DISTANCE AT WHICH I CAN LOVE YOU AND ME SIMULTANEOUSLY.**

**-Prentiss Hemphill**



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# WHAT CAN I CONTROL?



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**Emotional Boundaries:**  
*What's Mine?  
What's Yours?*

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Your boundary need not be an angry electric fence that shocks those who touch it. It can be a consistent light around you that announces, "I will be treated sacredly."  
--ZAIYA JOWN

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**Steps for Setting Boundaries**

- Identify what your needs & boundaries are
- Communicate your boundaries
- Practice it often
- Tolerate the emotions (discomfort) involved in setting boundaries
- Engage in self-care

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**THE “CONNECTION PRESCRIPTION”**

- Be kind to yourself
- Don't ignore loneliness
- Reach out, ask for help! You are not alone.
- Set limits on social media.
- Help others.
- Be authentic!
- Try something new
- Build conscious relationships

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[WWW.COMMUNITYLIVINGROOM.ORG](http://WWW.COMMUNITYLIVINGROOM.ORG)



**Community Living Room**

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**“ CONNECTION IS WHY WE’RE HERE. IT IS WHAT GIVES PURPOSE AND MEANING TO OUR LIVES. ”**

Brene Brown

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