

Inhale... and Exhale: Learn How to Combat Compassion Fatigue

What is Compassion Fatigue?

- Compassion Fatigue is when folks feel helpless, anxious, and overwhelmed due to constant media exposure to negative events. Compassion fatigue, or burnout, can result in both desensitization or hypersensitization, creating hopelessness and mental and physical exhaustion (Kinnick et al, 1996).

What does it look like and feel like?

- Signs of compassion of compassion fatigue include nausea, stomachache, racing heart, high blood pressure, nightmares, and headaches.
- When you're overwhelmed, folks can feel hopelessness, withdrawal, nervousness, lack of enthusiasm, and energy.

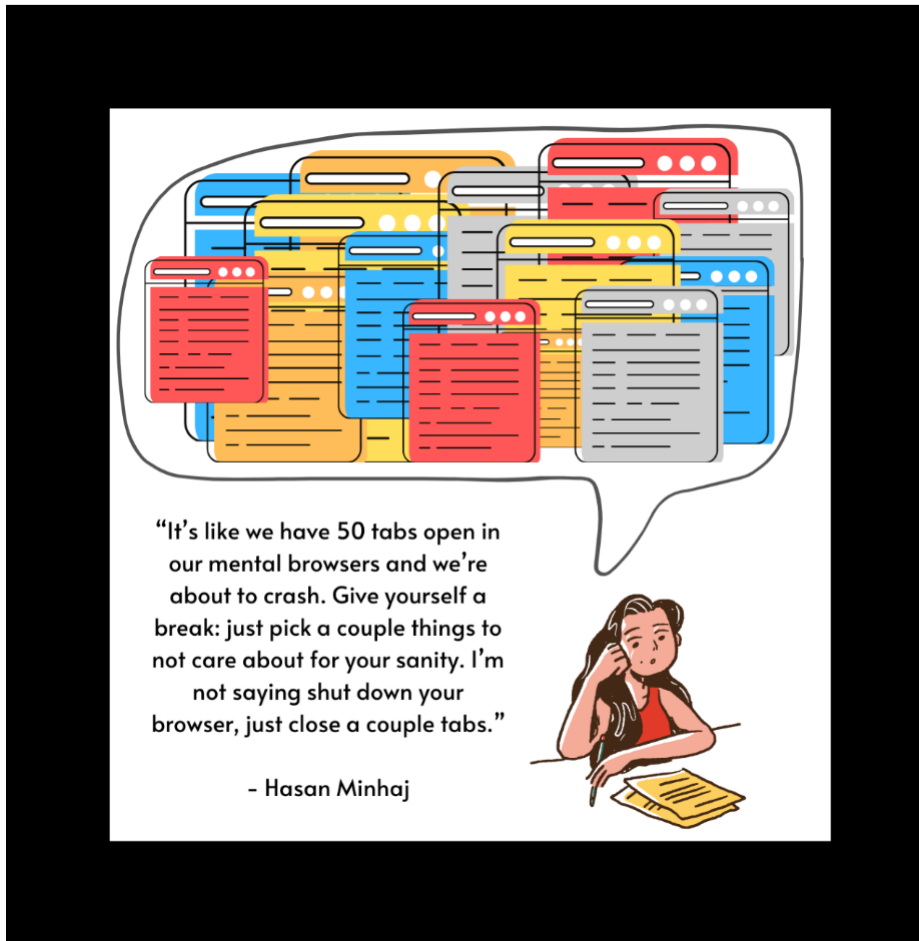
Why is this important?

Our community has endured a lot over the past year, and we found ourselves juggling multiple roles at once with a never-ending list of tasks, all while trying to maintain some balance in our life. From navigating the racial injustices in our community, to the uncertainties of COVID-19, it is more important than ever to prioritize our mental health and practice self-care.

In partnership with Inclusion & Equity Education, Community +Values wants to offer a resource guide to help our community cope with the overwhelming sense of fatigue and adopt mindfulness practices.

How can I manage it?

- Meditation/mindfulness
 - YouTube channels: [Calm](#), [Headspace](#), [Goodful](#)
 - Free Apps: Smiling Mind, Headspace, and Calm
 - Podcasts: ; [Jay Shetty](#)
- Journaling can help keep your thoughts organized, allow for self-reflection, and relieve stress.
- Vision boards are visual markers of your dreams, affirmations, and goals and can be a source of inspiration. Learn how to create a [virtual vision board](#) and [start your own!](#)
- Limit your news consumption to 30 minutes a day.
- DIY arts and crafts (I.e., tie dye and coloring, to name just a few).
- Consciousness of our limits/boundaries: recognize your physical and emotional state and know when to engage in conversation and when to take a break.



- Be okay with putting yourself first – by putting yourself first, you can recharge yourself and get back to a state of balance faster to be there for others.
- Dedicate time to relaxing; it could be as small as 5 minutes of undisturbed time to taking deep breaths.
- Turning on “Do not Disturb” on phones/laptops can limit interruptions.
- Spend some time outdoors (safely), like taking a walk during your lunch around the neighborhood or walking around campus (with a mask on, of course).

Know you’re not alone!

DU Resources:

- [Health and Counseling Center](#)
 - Join a [support group](#) or attend a workshop to connect with folks experiencing the same thing you are.
 - Explore Health Promotion, which works to create a supportive community where every member of the DU community has the opportunity to learn,

connect, and thrive. [Learn more](#) about peer educator opportunities and workshops.

- [DU Cultural Center](#)
 - Visit the Cultural Center Lounge at the Community Commons on the 3rd floor. From listening to music, taking a nap, or working on homework, you can use the space to relax.
- [Responding to Trauma by Valentina Iturbe-LaGrave, Ph.D., Director for Inclusive Teaching Practices](#)
- [Community + Values *Navigating the Moment Resource Hub*](#)

Secondary Resources:

- Meditation videos
 - Forgetting Time: https://youtu.be/YF_P1ZzYgjA
 - How to be nicer to yourself: (<https://youtu.be/Ebz30roJz2E>)
 - Learn how to Meditate: (<https://youtu.be/tOp-gbnyj3w>)
 - Awareness, Love, and Compassion Meditation (<https://youtu.be/I52FDNrcqtY>)
 - Guided meditation for activism (<https://youtu.be/D2YZew3Knj8>)
 - Be Present:
https://www.youtube.com/watch?v=ZToicYcHI0U&list=PLgdxvG3Ulbidz8n_13rZdcAADnDJ6NFHO&index=6&t=3s
 - Relax with some lofi hip hop tunes – Here's a live link to consider <https://www.youtube.com/watch?v=5qap5aO4i9A>

Works Cited:

Kinnick, K. N., Krugman, D. M., & Cameron, G. T. (1996). Compassion Fatigue: Communication and Burnout Toward Social Problems. *J&MC Quarterly*, 73(3), 687-707.