



THE WORLD'S FIRST FOOD BANK
PROVIDING MORE THAN FOOD — *hope.*

The Cost of Caring



The Cost of Caring

- Compassion Satisfaction

The positive aspects of helping -
Pleasure and satisfaction derived from working
in helping, social service systems



The Cost of Caring

There are a number of terms out there as they relate to stress reactions...

- Vicarious Trauma
- Secondary Traumatic Stress
- Compassion Fatigue
- Burnout



The Cost of Caring

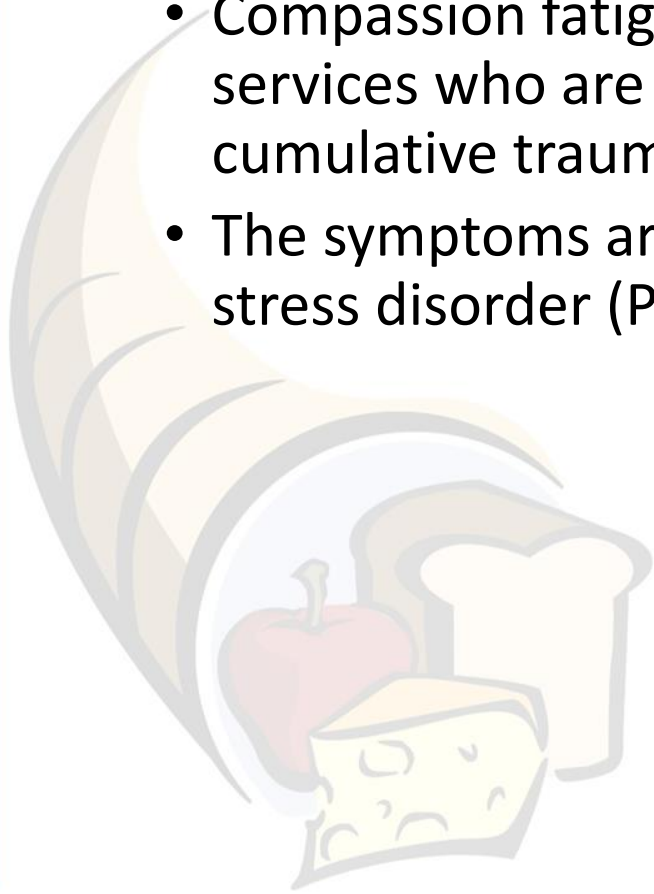
- Vicarious Trauma (VT)
 - VT can be seen as a normal response to ongoing challenges to a helper's beliefs and values but can result in decreased motivation, efficiency and empathy.



The Cost of Caring

- **Compassion Fatigue**

- Compassion fatigue is experienced by those in social services who are overly focused and upset by the cumulative trauma of those they are trying to help.
- The symptoms are similar to those of post traumatic stress disorder (PTSD)



The Cost of Caring

- **Burnout**

- The state which occurs when stress reactions reach a crisis point. More commonly experienced by staff and volunteers in response to continual exposure to other peoples pain.



The Cost of Caring

- Cost of burnout in disaster workers
 - **No one who responds to a disaster event is untouched by it**
 - Profound sadness, grief, and anger are normal reactions to an abnormal event
 - Wanting to remain on the scene until the work is finished
 - Overriding stress and fatigue with dedication and commitment
 - Denying the need for rest and recovery time

The Cost of Caring

- Why is this an issue?
 - Job or volunteer performance decreases in terms of productivity
 - Mistakes increase
 - Organization's morale drops
 - Work / volunteer relationships suffering
 - Personal life suffers
 - Can lead to problems with health
 - You isolate
 - **You begin to treat others differently**

The Cost of Caring

To better understand how we go
from this:



To this:



The Cost of Caring

Recognize the Signs

- Checking email right as it comes in.
- Dreading the start to a new day.
- Thinking about work constantly during your personal time.
- Inability to delegate, need to do everything yourself.
- Mistreating the very people you sought to help

Lets Test Your Response

He LOOKS like he
can work

Well...if she can
afford a cellphone...

They can't all be her kids none of them look like her

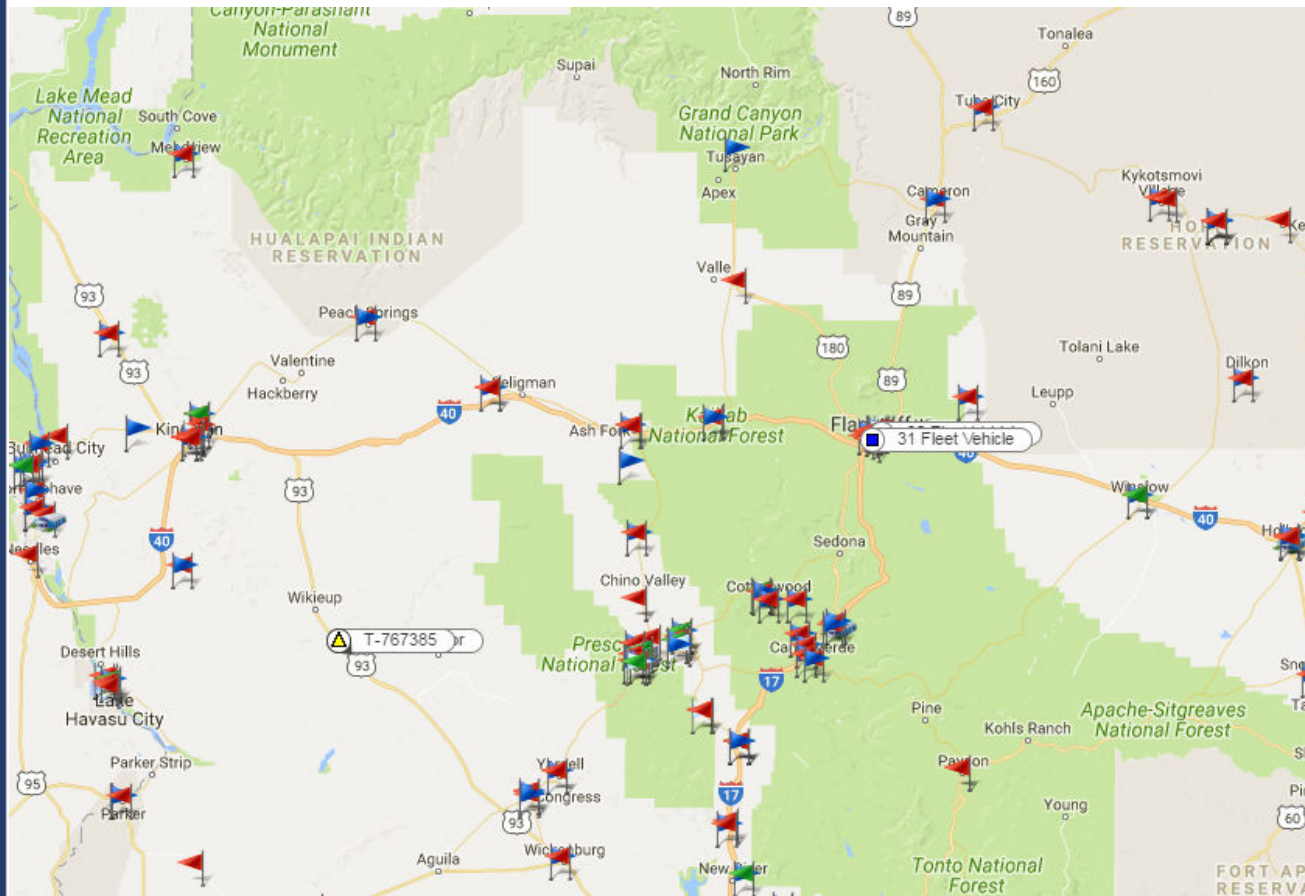
they drive a nicer
car then me

Nice manicure

They are here every month,
they MUST be lazy

The Cost of Caring

- Gaps in service



The Cost of Caring



Burnout leads to actual chemical changes within your brain.

The Cost of Caring

I want to remind you of those first days working at the _____.

- Back when you wanted to save the world.
- Back when your compassion was fresh and your passion was strong
- Back when each client was acknowledged.
- Back when you looked into their eyes



The Cost of Caring

RAISE AWARENESS

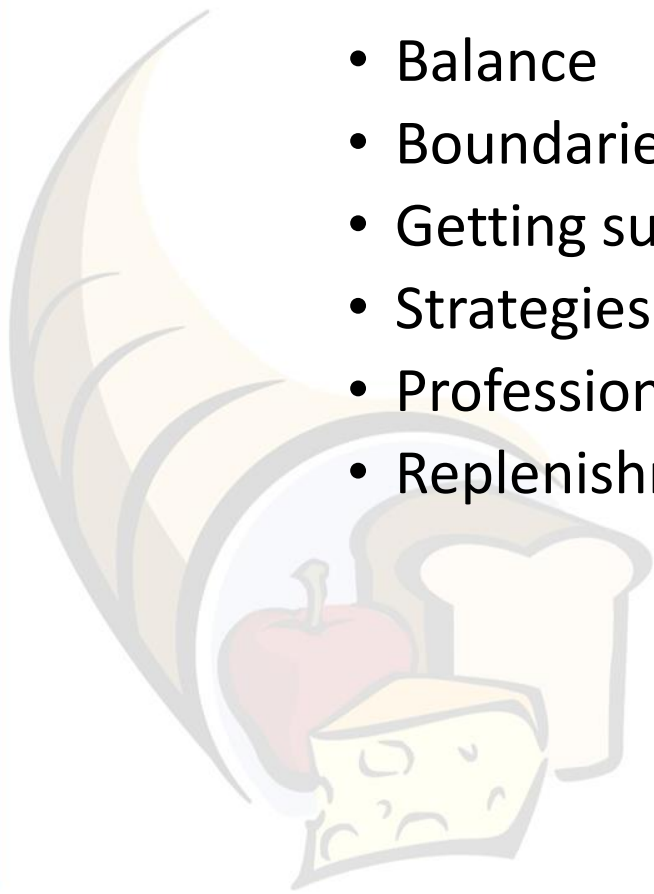


#IMJOYFUL #NOBURNOUTHERE #WILLWORKFORFOOD



The Cost of Caring

- Wellness involves:
 - Awareness
 - Balance
 - Boundaries/Limit setting
 - Getting support
 - Strategies for coping
 - Professional training
 - Replenishment



The Cost of Caring

- Sometimes you may have to fake it until you make it!



The Purpose of Life is to Live a Life of Purpose



Live With Purpose!

Thank you for your time.

Please contact me with any questions:

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