

# Compassion Resilience Plan

My Personal Mission Statement:

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The things I value most about my work include:

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The things I do daily to maintain positive functioning and adaptive professional coping include:

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The way I regenerate energy and compassion include:

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The people in my professional support system include:

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Situations/clients/events that are risk factors for secondary trauma include:

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When I begin to feel compassion fatigue, I experience the following:

*Body Sensations*

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*Changes in thought or perception*

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*Emotions and intensity:*

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*Behaviors, actions, or inaction*

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The things that help me best cope with compassion fatigue include:

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Ways I will challenge mistaken beliefs related to compassion fatigue

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Ways I will allow or ask others to support me when I'm struggling:

*Family*

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*Friends*

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*Colleagues*

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*Supervisors*

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*Therapist*

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*Mentor*

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