

Compassion Fatigue and Mental Fortitude

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MHA of the MidSouth

- ▶ Mental Health First Aid
- ▶ Aging & Alzheimer's education and supports for caregivers
- ▶ Continuing education for professionals
- ▶ “Don't Duck Mental Health” school program for youth
- ▶ Workplace Wellness resources and presentations
- ▶ Multicultural outreach program includes trafficking victim assistance
- ▶ Helpline for information and referrals
- ▶ Advocacy coalitions, task forces, board of directors, volunteers
- ▶ Zero Suicide program
- ▶ Mental Health Screenings www.mhascreening.org



www.mhamidsouth.org

Mental Health

- ▶ 1 in 5 people have a diagnosable mental illness every year!
- ▶ Suicide is the 9th leading cause of death in TN
- ▶ Alzheimer's is the 6th leading cause of death in TN
- ▶ Depression is the leading cause of disability in the world
- ▶ Half of all lifetime mental illnesses begin by age 14 (75% by age 21)
- ▶ **B4Stage4**

DO ANY OF YOUR
RELATIVES SUFFER
FROM MENTAL ILLNESS?

NO.... THEY
ALL SEEM
TO ENJOY
IT !!!



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My Own Compassion Fatigue....

- ▶ Isolation: everyone wanted something from me, but I'm depleted
- ▶ Irritability: emotional outbursts, anger, depression
- ▶ Depression: Feels like I'm working under water
- ▶ Minor Illnesses: lower back, scratchy throat, intestinal issues
- ▶ "Other-Directedness": blame others, me versus them
- ▶ Apathy, Desensitized, Desired office over people

Others might feel . . .

- ▶ Escape: shopping, substance use, gambling, pornography, alcohol
- ▶ Sadness, depression, uselessness
- ▶ Poor sleep - too much/little
- ▶ Flashbacks, nightmares

Your sensitivity is
replaced by

... nothing

Life Isn't simply
being alive, but
to be well

Mark 1:32-34

That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and Jesus healed **many** who had various diseases. He also drove out **many** demons, but he would not let the demons speak because they knew who he was.

Mark 1:35

- ▶ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Mark 1:36-39

- ▶ Simon and his companions went to look for him, and when they found him, **they exclaimed: “Everyone is looking for you!”** **Jesus replied, “Let us go somewhere else**—to the nearby villages—so I can preach there also. That is why I have come.” So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

Resiliency & Mental Fortitude

- ▶ Brene' Brown is a vulnerability and shame researcher
 - ▶ *I Thought It Was Just Me (but it isn't): Telling the Truth About Perfectionism, Inadequacy, and Power* ([Penguin/Gotham](#), 2007)
 - ▶ *The Gifts of Imperfection: Letting Go of Who We Think We Should Be and Embracing Who We Are* ([Hazelden](#), 2010),
 - ▶ *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* (Gotham, 2012)
 - ▶ *Rising Strong: The Reckoning. The Rumble. The Revolution.* ([Spiegel & Grau](#), 2015),
 - ▶ *Braving the Wilderness: The Quest for True Belonging, The Courage to Stand Alone* (2017)
 - ▶ *Dare to Lead* (2018). Her articles have appeared in many national newspapers.

Resiliency & Mental Fortitude

- ▶ 1 in 5 people annually have a diagnosable mental illness: no necessarily an SMPI
- ▶ Suicide is at an all-time high
- ▶ Imposter Syndrome
- ▶ Inability to cope, so let's blame others: If you disagree with me, then you're bullying me
- ▶ World prefers superheroes
- ▶ Instead of trying to make yourself tougher, try to serve others and make yourself more vulnerable

Greatness should
be defined by
being yourself,
loving others, and
making disciples

My FaceBook Friend





"It's a new anti-depressant—instead of swallowing it, you throw it at anyone who appears to be having a good time."

Resiliency & Mental Fortitude

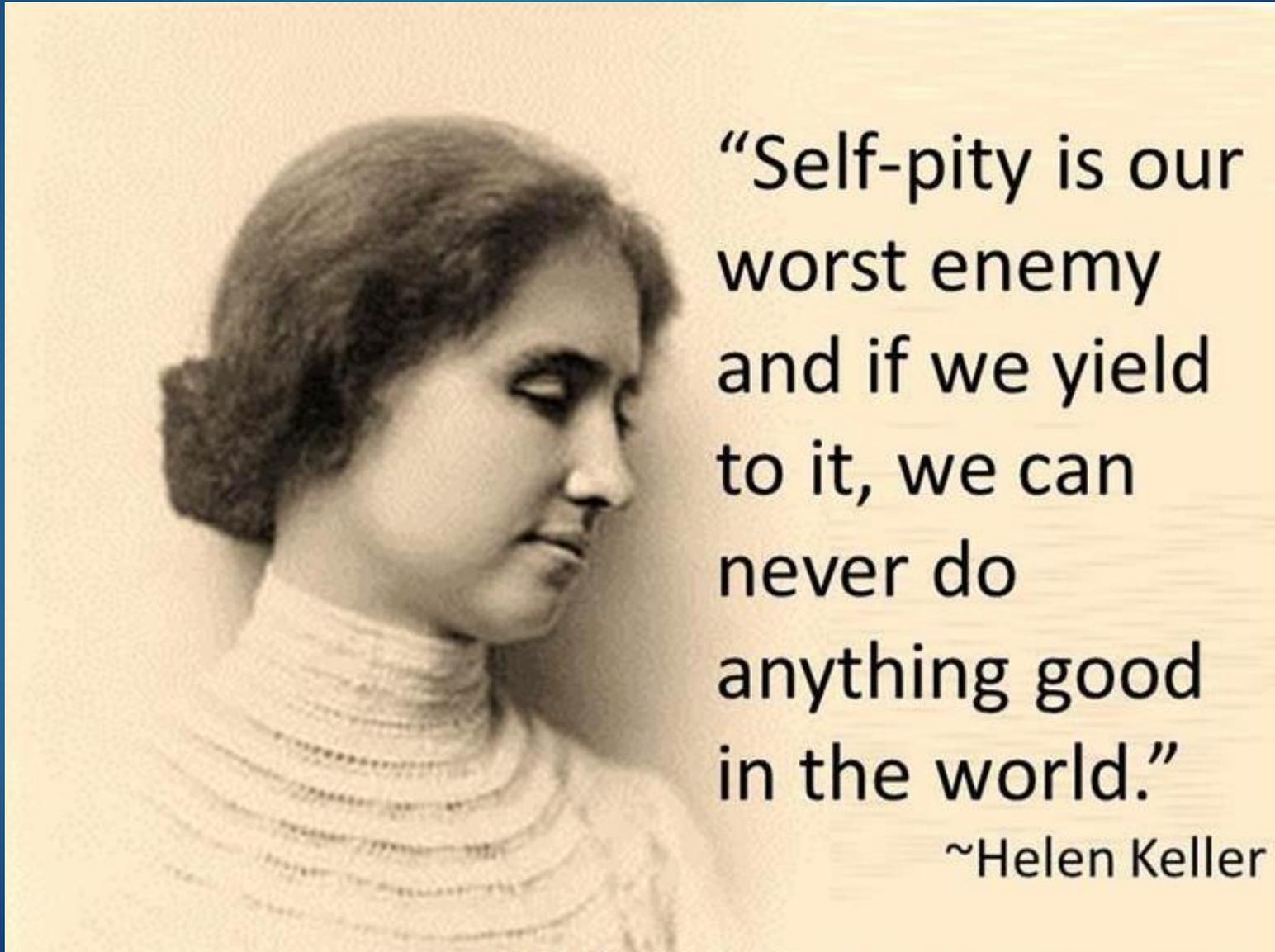
- ▶ If you want a strong body, then you have to start going to the gym
- ▶ If you want a strong body, then you have to give up bad habits of a poor diet
- ▶ If you want to become mentally resilient, then you have to start practicing good habits like gratitude
- ▶ If you want to become mentally strong, then you have to give up the bad habits of envying your friends' success.

Countering Unhealthy Mental Habits with Healthier Ones

- ▶ We have unhealthy beliefs about ourselves
- ▶ We hold unhealthy beliefs about others
- ▶ We have unhealthy beliefs about the world

- ▶ How do you train your brain for good mental health? It begins by countering unhealthy habits (3 above) with healthier ones.

Unhealthy Beliefs about Yourself



“Self-pity is our worst enemy and if we yield to it, we can never do anything good in the world.”

~Helen Keller

Unhealthy Beliefs about Others



You get to determine how you're going to respond to others.



The only person you should compare yourself to, is the person you were yesterday.

Unhealthy Thoughts about the World



13 Things Mentally Strong People Do



- ▶ 1. They Don't Waste Time Feeling Sorry for Themselves
- ▶ 2. They Don't Give Away Their Power
- ▶ 3. They Don't Shy Away from Change
- ▶ 4. They Don't Waste Energy on Things They Can't Control
- ▶ 5. They Don't Worry About Pleasing Everyone

13 Things Mentally Strong People Do



- ▶ 6. They Don't Fear Taking Calculated Risks
- ▶ 7. They Don't Dwell on the Past
- ▶ 8. They Don't Make the Same Mistakes Over and Over
- ▶ 9. They Don't Resent Other People's Success

13 Things Mentally Strong People Do

- ▶ 10. They Don't Give Up After the First Failure
- ▶ 11. They Don't Fear Alone Time
- ▶ 12. They Don't Feel the World Owes Them Anything
- ▶ 13. They Don't Expect Immediate Results

References

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