



The ABC's of Agricultural Wellness

Awareness

How does compassion fatigue affect your daily life?

Ability to function is interfered with or altered

Situation or incident does not seem "typical or ordinary", it feels traumatic

"Compassion stress" impinges upon or breaks through normal boundaries

Regularly waking up tired in the morning and struggling to get to work

Feeling as if you are working harder but accomplishing less?

Becoming frustrated/irritated easily?

Losing compassion for some people while becoming over involved in others

Routinely feeling bored or disgusted

Experiencing illness, aches, and pains

Balance

How can you keep balance in your life?

Nurture yourself:

- Practice self-care
- Take mini-escapes
- Nurture yourself by finding sources of pleasure and diversion
- Get medical treatment
- Get professional help

Practice a blancing exercise:

- List one thing that brings you joy
- Name 3 things you feel grateful for
- Reach out to those you love
- Think about something that made you laugh today

Find your passion:

- Find your hidden sources of energy & healing power
- Identify what fuels you
- Prioritize what you value

Balance for your soul:

- Have quiet time alone
- Become aware of what restores and replenishes you
- Find ways to acknowledge loss and grief
- Focus on what you can control
- Look at situations as challenges and opportunities

Connections

Talk your stress out with someone else

Connect with those in your community:

- Co-worker
- Therapist
- Clergy
- Family
- Friend
- Supervisor

Pets:

- They accept whatever affection you are able to give them
- They are basically invulnerable to "provider burnout"
- Blood pressure and heart rate decrease when interacting with animals

Build a positive system that supports you.

Information courtesy of:

The American Institute for Stress:

stress.org/military/for-practitionersleaders/compassion-fatigue