

MENTAL HEALTH IN SCHOOLS LEARNING SERIES

Recovery Strand

Preventing "Compassion Fatigue" Wellness for Mental Health Providers (Parts 1 & 2),

Presented by Patricia (Tish) Jennings, M.Ed., Ph.D.

Webinar Summary:

Resilience is the capacity to successfully adapt to challenging situations without long-term negative effects, and today our students, teachers and mental health providers need resilience more than ever to prevent compassion fatigue. Empathy-based distress can impair our functioning and our physical and mental health. Building resilience involves cultivating and harnessing resources to sustain well-being and to recover quickly when facing difficulty. In today's rapidly changing world, learning to adapt quickly has become a critical skill. Research shows that mindful awareness and compassion practices promote the cognitive and emotional strengths we need to build and maintain resilience. Dr. Jennings will present simple, easy to use mindfulness, compassion and emotion skills proven to enhance resilience and promote well-being.

Resources:

- [American Humane](#)
- [The Child and Adolescent Health Measurement Initiative](#)
- [Changing Minds](#)
- [CREATE for Education](#)
- [Massachusetts Advocates for Children](#)
- [The National Child Traumatic Stress Network](#)
- [National Center for Trauma-Informed Care and Alternatives to Seclusion and Restraint](#) (Substance Abuse and Mental Health Services Administration)
- [Sidran Traumatic Stress Institute](#)
- [The Trauma Informed Care Project](#)

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- [Trauma & Learning](#)
- [Trauma and Learning Policy Institute](#)
- [Treatment and Services Adaptation Center](#)

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Discussion Guide:

1. Why is empathy sometimes painful?
2. How can you tell if you are experiencing empathy-based stress?
3. Why does intentionally cultivating compassion protect against empathy-based stress?
4. Name three ways you can promote resilience for yourself or others.
5. Describe a time when you noticed that you were experiencing a negativity bias.
6. How can you help others cultivate and savor positivity?
7. What can you do to cultivate compassion for yourself and others?