



Chorus of Doubts

- Its better to not say anything
- I can't get them to do what I ask
- I am making things worse
- I have nothing more to offer
- This is always how it is going to be

I'm a little **STRESSED** right now...
(just turn around and leave quietly and no one gets hurt.)

Signs of Compassion Fatigue

- Feeling Mentally and Physically Exhausted
- Sleeping too much or too little
- Feeling numb or distanced from others or your own life
- Feeling unsatisfied
- Feeling moody,
- Frequently lashing out at your partner or children
- Catching every cold that comes your way

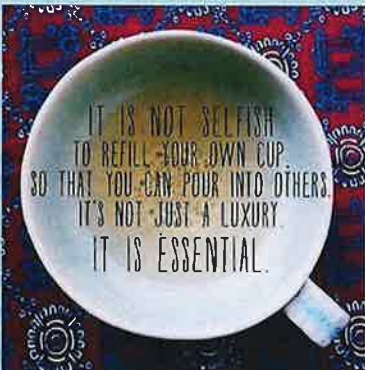
Barriers to Self-Care

- Family Life gets in the way
 - Parent visits
 - Therapy
 - School
 - Behavior
 - Work
 - Doctor visits
 - Homework
 - Bedtime
 - Feeling
 - Community Commitments
- Devoting too much energy to other's needs
- Wanting to be there for others and overcommitting
- Uncertainty of what would really help
- Belief that you somehow don't or shouldn't need support
- We feel guilt because our situation is not as bad as someone else's

So, What is Self Care?



What do I do?



Self-Care Wheel

by Olga Phoenix, MPA MA



Parenting and our Marriage Changing the Game



Single Caregivers

Take mini-breaks. Compassion fatigue is different from burnout because you can find pleasure in small chunks of time, enjoying things that make you happy.

Think about the meaning of your work. Step back and recognize that you are contributing to the greater good of many personal lives.

Return to what makes you feel happy in your own life. Be grateful for your family and friends.

Exercise to keep your health.

Seek a mentor or therapist if you need assistance.



Planning for Self Care

- Be Planned
 - Take advantage of resources
 - Plan a lunch date (go on a date)
 - Be intentional
- Call for help
 - Ask for support team
 - Utilize a prayer team
 - Find another foster family (mentor)
 - Find a therapist
- Be consistent



Additional Tools

- Create Fun time for Family
- Remember your basic needs
- Talk to people you trust.
- •Set boundaries with patients and families.
- •"Put on your own oxygen mask first."
- •Know yourself.



This doesn't mean that you'll care less about your children but that you are figuring out how best to serve them in the long run.

Powerful Choice

Mine & Yours
By Jacob, age 13
Published in *Fostering Perspectives*

In my life
We had to hide the knife

In your life
You grew up right

In your car,
you can go for a tour

In my kitchen
They talked of snitchin'

"What you do for yourself,
you're doing for others, and
what you do for others,
you're doing for yourself!"

- Pema Chodron

dailylifehacks.com




In your kitchen
You can smell the chicken

near the trees
is where we grew the weed

Near your trees
You can hear the bees

On my land
There were lots of bear cans

On your land
There is a box of sand.

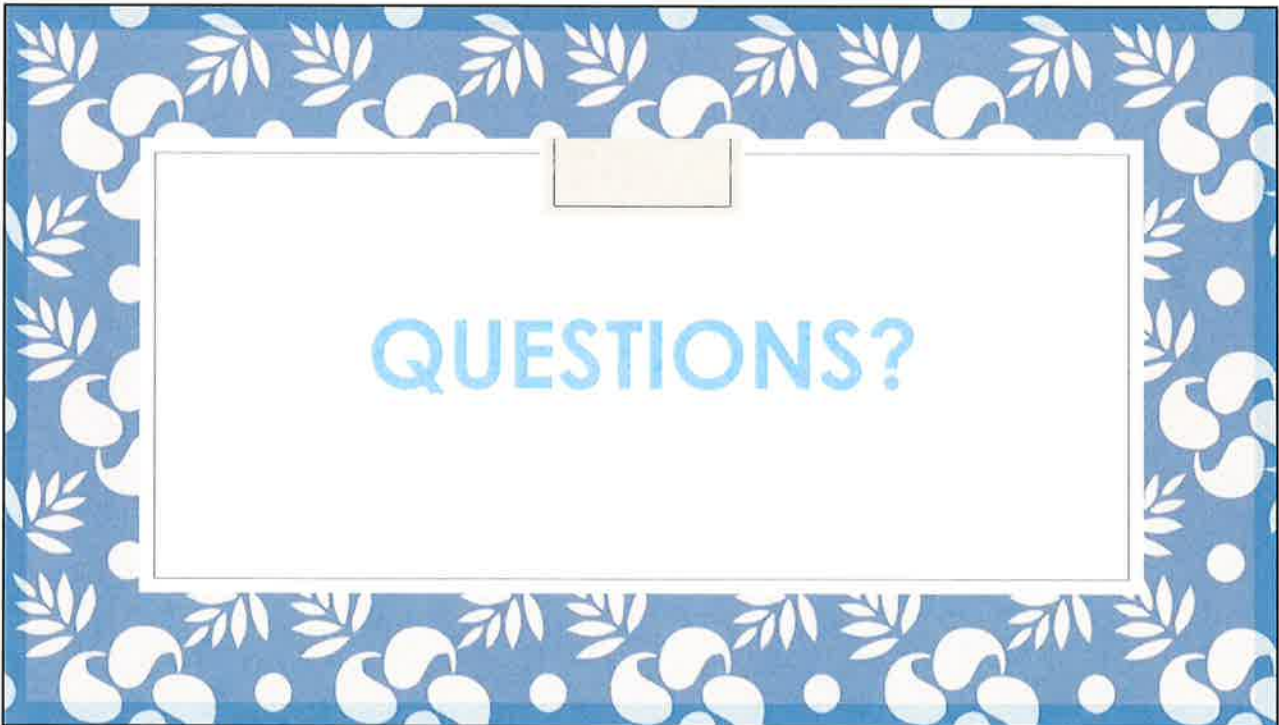


Self Care
Saturday challenge
PLAN YOUR SELF CARE

**LOVE YOURSELF LIKE YOUR LIFE
DEPENDS ON IT,
BECAUSE IT DOES**

Assess Current Situation
Which Dimensions Require Immediate
Attention?
Start Small
Ask for Support

The graphic features a light blue background with a white border. At the top, there is a photograph of a pink flower and a white cup. The text is centered and uses a mix of bold, sans-serif and cursive fonts.



QUESTIONS?

The graphic has a blue background with a white floral pattern. A white rectangular box with a drop shadow is centered on the page, containing the word "QUESTIONS?" in a bold, blue, sans-serif font.