

*Healing the Healers:
A Spiritual Spa for the Mind*

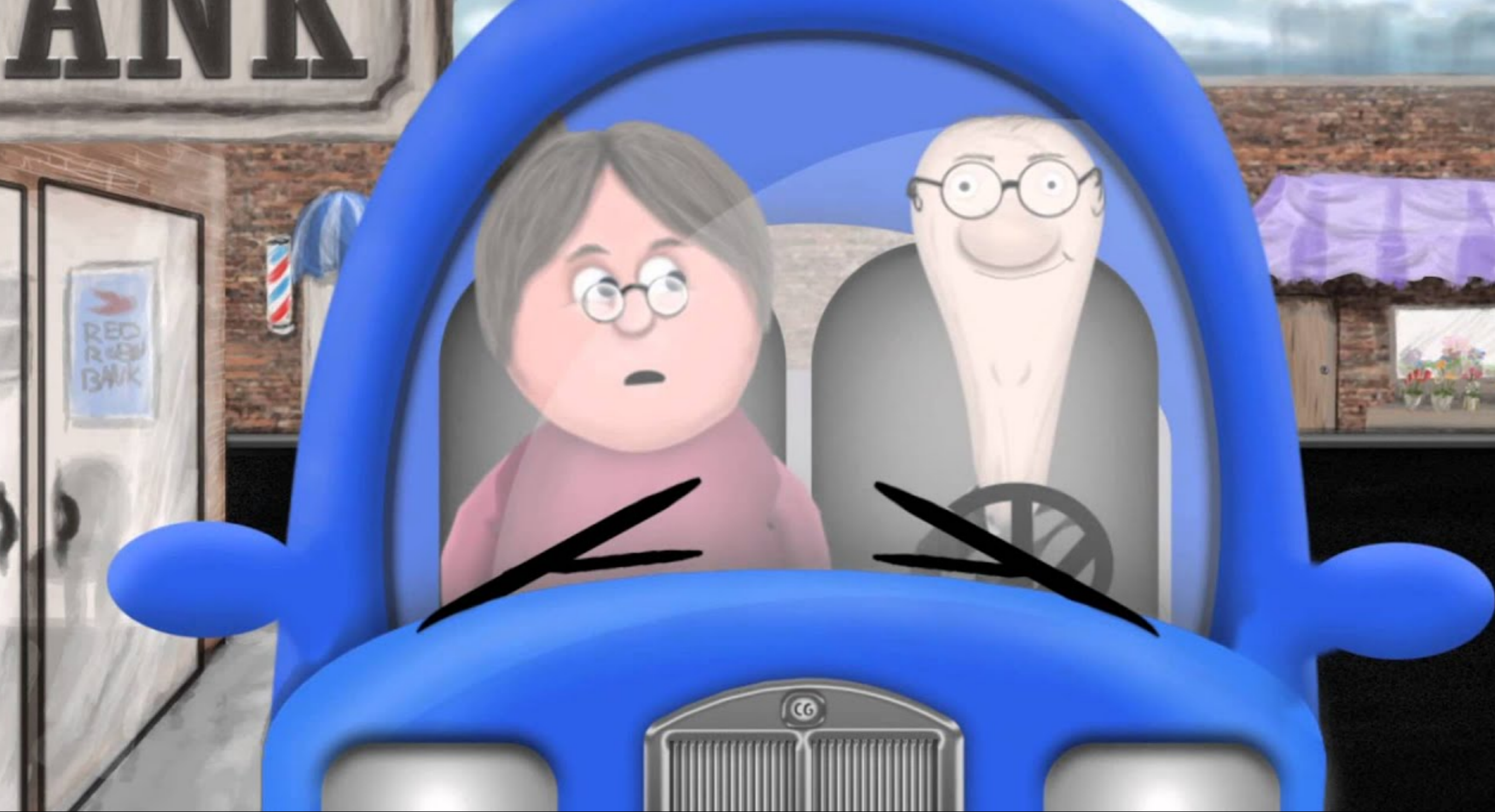


Self-Care for Clergy
Conversation Partner: DR. ANGELITA CLIFTON



**“Looking upward, inward & outward—
enjoy the journey toward wholeness!”**

Author Unknown



Can anyone identify with Claudia?



**Claudia's feeling...
tired-out, wired-up, and mired-down!**



**Claudia's feeling empty,
like she has nothing left to give?**



**Claudia's experiencing Compassion Fatigue,
A.K.A. the cost of caring.**

**It's unfolding as the deep physical,
emotional, and spiritual exhaustion that can
result from working day to day in an intense
caregiving environment.**

Charles Figley

Compassion Fatigue

Emotional Burnout

Compassion fatigue has been described as the “cost of caring” for others in emotional pain



Profound shift in world view that occurs in helping professionals when they work with clients who have experienced trauma

Can occur due to exposure in one case or can be due to a “cumulative” level of trauma.



Compassion fatigue has a more rapid onset with faster recovery

Burnout describes the physical and emotional exhaustion that workers can experience when they have low job satisfaction and feel powerless and overwhelmed at work

Doesn't necessarily mean that our view of the world has been damaged, or that we have lost the ability to feel compassion for others



Cumulative emotional exhaustion that is NOT trauma-related

Burnout emerges over time and takes a little longer to recover

Similar symptoms can be seen in both cases:

- Emotional/mental/physical exhaustion
- Reduced sense of personal accomplishment
- Decreased interaction with others
- Depersonalization





Compassion fatigue symptoms show up in multiple areas of our lives including:

- **Physical**
- **Psychological**
- **Emotional**
- **Spiritual**
- **Personal**
- **Professional**

A lit candle in a red, textured holder. The candle is lit, with a bright yellow flame and a glowing orange and yellow body. The holder is a deep red color with a textured, possibly fabric-like surface. The background is dark, making the candle stand out.

Signs of Compassion Fatigue are:

- **Chronic fatigue/illness**
- **Cynical**
- **Irritability**
- **Reduced productivity**
- **Feelings of hopelessness, anger, despair/sadness**
- **Anxiety**
- **Appetite changes**
- **Feeling overwhelmed**
- **Ruminating on events**
- **Sleeping disturbances/nightmares**
- **Avoidance of people/activities**
- **Persistent anger/sadness**

A lit candle in a red holder, with a bright yellow flame and a red glow. The candle is positioned on the left side of the image, and the red glow is visible in the background.

***This is a good place for us to pause...
are you experiencing compassion fatigue?***

***Write down one or more signs
of compassion fatigue you
can identify in your life.***

How is compassion fatigue affecting you?

Your children?

Your colleagues?

Your congregants?



So, how does the healer—heal?

**How do we create a spiritual spa
to massage the mind?**

**How do we find rest
when it feels like our
bodies have betrayed us?**

TRAUMA SENSITIVE THEOLOGY

*A NEW PATHWAY FOR HEALING—
HELPING OURSELVES WHILE HELPING OTHERS*

BEING TRAUMA AWARE

*A BASIC UNDERSTANDING OF TRAUMA
AND ITS IMPACT*

BEING TRAUMA INFORMED

*RECOGNIZING THE COMPLEXITIES
AVOIDING RE-TRAUMITIZATION.*

BEING TRAUMA RESILIENT

*DEVELOPING A CONTINUOUSLY SAFE SPACE—
FOR POST TRAUMATIC GROWTH*

CREATING A SPIRITUAL SPA FOR THE

MIND ↔ BODY ↔ SPIRIT

A PEACEFUL TRINITY



CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion.

10 things to do each day

1. Get enough sleep.
2. Get enough to eat.
3. Vary the work that you do.
4. Do some light exercise.
5. Do something pleasurable.
6. Focus on what you did well.
7. Learn from your mistakes.
8. Share a private joke.
9. Pray, meditate or relax.
10. Support a colleague.

Healthy
Coping
Strategies

© Eastwoods, LLC, 2020. Authors: Beth Hudnall Stamm, Craig Higson-Smith, Amy C Hudnall and Henry E Stamm, IV 2004-2020. This card may be freely copied and distributed as long as (a) authors are credited, (b) no changes are made, and (c) it is not sold.

FOCUSING YOUR EMPATHY

Your empathy for others helps you do your job. It is important to take good care of your feelings and thoughts by monitoring how you use them. The most resilient workers are those that know how to turn their feelings to work mode when they go on duty, but off-work mode when they go off duty. This is not denial; it is a coping strategy. It is a way they get maximum protection while working (feelings switched to work mode) and maximum support while resting (feelings switched off-work mode).

How to become better at switching between Work and Off-Work Modes

1. Make this a conscious process. Talk to yourself as you switch.
2. Use images that make you feel safe and protected (work-mode) or connected and cared for (non-work mode) to help you switch.
3. Develop rituals that help you switch as you start and stop work.
4. Breathe slowly and deeply to calm yourself when starting a tough job.

Beth Hudnall Stamm, PhD, developed a pocket card about caring for yourself in the face of difficult work during the COVID-19 health crisis.

A lit candle in a red holder, with a bright flame and a warm glow. The candle is the central focus of the image, set against a dark red background.

TRAUMA SENSITIVE SELF-CARE
THE 4 Rs

REALIZING
THE WIDESPREAD IMPACT OF TRAUMA

RECOGNIZING
THE SIGNS & SYMPTOMS OF TRAUMA

RESPONDING
*TO TRAUMA EXPOSURE WITH
EMOTIONAL INTELLIGENCE*

RESISTING
SECONDARY TRAUMA & TRIGGERS

A lit candle in a red holder, with a bright flame and a warm glow. The candle is the central focus of the image, set against a dark red background.

**RECOVERY & DISCOVERY
IN THE HEALING PROCESS**

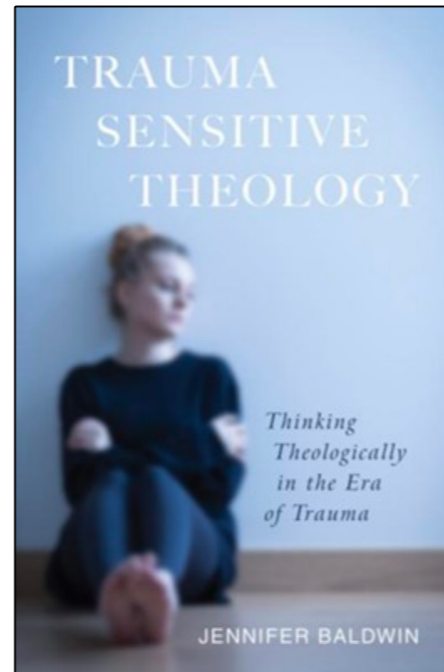
STAYING SELF-AWARE & TRIGGER-WISE

*MANAGING EMOTIONS
SO EMOTIONS DON'T MANAGE YOU*

*UNDERSTAND WE CAN'T GIVE
WHAT WE DON'T HAVE*

***...LEARN TO LOVE OUR NEIGHBOR
AS WE LOVE OURSELVES...
MARK 12:30-31 NRSV***

RESOURCES



The intention of Trauma-Sensitive Theology is to help theologians, professors, clergy, spiritual care givers, and therapists speak well of God and faith without further wounding survivors of trauma. It explores the nature of traumatic exposure, response, processing, and recovery and its impact on constructive theology as well as pastoral leadership and care.

THE SANCTUARY MODEL

<https://www.thesanctuaryinstitute.org/about-us/the-sanctuary-model/>

CREATING PRESENCE

<https://www.creatingpresence.net/>

VICARIOUS TRAUMA TOOLKIT

<https://ovc.ojp.gov/program/vtt/glossary-terms>

COMPASSION SATISFACTION/FATIGUE TEST FOR HELPERS

https://ncwwi.org/files/Incentives__Work_Conditions/Compassion-Satisfaction-Fatigue-Self-Test.pdf