

Preventing Compassion Fatigue: Honoring Thyself (July 8, 2016)

NRCDV WEBINAR PUBLIC CHAT

Casey Keene: Welcome to all who have joined early! We'll be getting started in about 20 minutes. Please feel free to introduce yourself here in the public chat

Meagan Mulligan: Hi, I'm Meagan Mulligan. I am a student in the Masters in criminal justice program at the University of Baltimore. I was asked by a faculty member to join the webinar and take notes. So, you won't be hearing from me, but I will be listening. This looks to be an interesting webinar!

Casey Keene: Oh, that's great, Meagan! We'll also have a recording and materials to share afterwards, so you can pass those along too. So glad you could join us!

Meagan Mulligan: Great! Thank you so much!

Casey Keene: To those who are just joining, please feel free to introduce yourself here in the public chat!

Alicia Rivera: Hi All! DV Advocate from Philly! :)

Casey Keene: I'm participating from the NRCDV in Harrisburg, PA where it's currently thunderstorming!

Alicia Rivera: maybe the storm we are expecting in a few here at Philly

Rivera: be safe!

Jermaine Anderson: Hello, I am Jermaine Anderson and Sarah Sullivan here in Baltimore at the House of Ruth Maryland.

Nnenna Minimah: Hello i'm participating from WVCADV in Elkview, WV

Lindsey Romeo: Hello! I'm a DV advocate from Carroll County, MD.

Patty Branco: Hi everyone. Patty Branco from the NRCDV Office in Harrisburg.

Casey Keene: So happy to see all of you today! Yes, I'm sure the storms will be coming into Philly soon!

Theresa Brown: Hi This is Theresa Brown, from Fallon, Nevada.

Sara Chaves: Hello, I am Sara a bilingual Crisis Worker and Service Coordinator at Heartly House in Frederick, Maryland.

Theresa Brown: Nice to meet you!! I am on the listening option only but glad we can type in here. Just wanted to introduce myself to the group.

Casey Keene: Welcome! :)

Eve Hamrick: Hello! I'm Eve Hamrick, a DV Advocate and Case Manager from Alabama.

National Resource Center on Domestic Violence: Welcome Eve!

Eve Hamrick: :)

Tori Jones: Hello, I'm Tori Jones DV/SA Counselor for the Gulf Coast Women's Center for Nonviolence in Mississippi

Casey Keene: **How many hours of your day do you spend taking care of others?**

Norma Mendoza: 8

Kasandra VanSandt: a minimum of 8

Norma Mendoza: or 10

Eve Hamrick: 8-10

Claudia Cisneros: 8

Gilbert Madrid: 8+

Larrondo: 5+

Casey Keene: Consider your own history of trauma and oppression.

Casey Keene: **What experiences do you have that trigger you, that you can't tolerate, that cut to your core? Feel free to share here.**

Becca Anderson: As an educator, devil's advocates cut me to my core!

Sam Reese: Denial of other's trauma

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Kasandra VanSandt: I work with children and it really triggers me when they do not act like I expect them to. I have to really stop and take a breath to be able to effectively work with the children that are impacted by trauma.

cynthia hamill: stories about animals getting killed. Always gets me.

Ashley Hatfield: Clients that have an excuse for every option you give them to a hertel

Karen Kalergis: sadness that the cops in dallas were targeted ...

Melissa Mahan: Working with Clients who abuse their children

josie mengue: working with people with mental health who are not taking medication

Joe Ostrander: Anything with kids. I get misty eyed and sappy

Mary Johnson: when I watch people in my communities strive to blame or point fingers at entire communities

Becca Alexander: Women who keep going back to their abusers. i understand, but it hurts.

Eve Hamrick: Women who choose an abusive man over their children

Brandi Galbreath: Disconnected professionals.

Mandy Traut: I'm a volunteer coordinator at a DV services agency. More often than not my go to response is to freeze or feel numb when people tell me stories of abuse. It makes me feel like an unfeeling person.

Brenda Lee: unsupportive and victim blaming by police and others in positions of societal power

Casey Keene: i am like that too, mary! it's a very common response

Casey Keene: Have you seen the impact of stress on your body? What does that look like for you?

PAULA GRANGER: Elevated blood pressure

Casey Keene: For me, it looks like an upset stomach

Mandy Traut: I get tight muscles and, what I call, "knots" in my stomach.

Martha Smith Snyder: i lose my appetite

Tori Jones: A lot of the times it comes in the form of physical illness.

Kasandra VanSandt: when I am faced with a stressful experience I can physically feel my heart race and my leg twitching

Brenda Lee: I found it hard to go to work to see clients this morning after reading all the news from the past few days. like i can't handle any more bad news

Brandi Galbreath: weak immune system

Becca Anderson: I get nauseous or dizzy and sweat

Kristina Linney : Physical: tighy achy shoulders, migraines, knots in stomach, insomnia

Melissa Mahan: Shoulder/ Neck pain

Becca Alexander: feeling high strung and unable to relax + neck pain

Meagan Mulligan: I get butterflies and sometimes can feel like the spotlight is on me

Karla Armbrister: jaw clenching and pain

Brenda Lee: headaches, muscle tension

Jossie Encarnacion: I feel like crying

Christie Pittman: I feel a soreness in my muscles and realize I am tightening muscles

Mary Johnson: I get so exhausted and cranky

Sam Reese: My mind get really separated from my body because I need to keep my thoughts separate from the sinking feeling in my body

Ashley Hatfield: Very tired..all the time

josie mengue: When I misplace something or lose something I freak out and a traumatic rupture occurs in anger and even violent behavior, because I see this as an extreme threat to my organized life, signed by Meleana.

Daniela Castejon: soreness, lack of sleep

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Jacqueline Miller: DIFFICULTY CONCENTRATING

Stacey Schwab: Absolutely. I will have stomach problems, migraines, and insomnia. Self care is required to combat this

Marjorie Thayer: When I'm with a participant, I hold my breath. At the end of the day, I cry, jump at noises, look around always, fast breathing, just scared

Jermaine Anderson: jermiane said that he experience sleepless nights and loses desire for pleasurable times

Karen Kalergis: Can you define trauma rupture again?

Casey Keene: josie - that's a very common trauma response!

Mandy Traut: Is numbing a type of trauma rupture? How do you rise above it?

Casey Keene: thanks for your question, mandy! i'll be sure to pose it. i do understand numbing to be a common response to trauma.

Casey Keene: and i believe santa is going to offer us some concrete strategies in this webinar

Casey Keene: **Santa is encouraging us to identify with the phases she's reviewing now.**

Marjorie Thayer: Zombie Phase most of the time

Kasandra VanSandt: I see myself falling into the irritability phase

Sam Reese: Definitely irritability

Tori Jones: I can see a lot of Irritability phase in my colleagues and myself.

Christie Pittman: Is it possible to be in all stages at once?!!!

Mary Johnson: I feel like my work environment has a lot to do with my phase

Alicia Rivera: or depending on the day?

Karen Kalergis: Hearing this brings me down . can't wait for how to get out ...

Brenda Lee: i think i am in different stages depending on the client or presenting problem...

josie mengue: what is parasympathetic dominance

Duciana Thomas: me me me me me

Marjorie Thayer: No social media, no news, but I do watch a ton of violent tv and talk with coworkers

Duciana Thomas: I get caught up in news and then it connects to work

Betty Pealer: The hopelessness gets harder and harder to shake, as the issues become so much more complex with our clients.

Duciana Thomas: making it ten times harder to shake like I normally can

josie mengue: thank you for the explanation

Elizabeth Caratini Buerger: I watch the news to see what will be coming into work to prepare myself, even when the news is wrong

Betty Pealer: Definitely feel the support of the foundation built long before me - which makes me feel an obligation to carry on that momentum. But as I age and see the changes and differing perspectives of the "newcomers", I also feel forced to let go of so much of the empowerment I once felt.

Becca Anderson: I also record positive interactions so I can look back at them on rough days - it's so much easier to remember the rough times

Kasandra VanSandt: My self-care is restorative yoga on Friday every week and running agility with my dogs

Mandy Traut: Yes, yoga has really helped me too!

Kasandra VanSandt: the yoga helps me enjoy the weekend and come back refreshed on Monday

Casey Keene: These are great self care strategies! Thanks for sharing!

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Casey Keene: How do you honor your ancestors? What do you do to remind you that you are not alone?

Becca Anderson: I keep lots of books by authors who engage in social justice work and keep poems and quotes around!

Karen Kalergis: I rememebr to thank the people who taught me

Sam Reese: Identifying my role models and what they have taught me

Karen Kalergis: I organize my desk by fengshui energy balance

Ashley Hatfield: Spending time with my dog..working out

Sara Smith: I try to live my life to respect the family name and honor

josie mengue: I do art

Brenda Lee: thank you for your thankful perspective. easy to lose

Kasandra VanSandt: I have a picture of my dogs on my desktop

Brandi Galbreath: Talking to Jesus throughout the day!

Brenda Lee: i will commit to decorating my office space even if it is temporary

Mary Johnson: I really struggle with my work space. I'm alone in a concrete basement.

Sam Reese: Stepping outside for short breaks to collect myself

Sam Reese: and breathe

Karla Armbrister: turn off flourescent overhead lights and use lamps

Becca Anderson: I take walking breaks at lunch

Sara Smith: I have a lettered olive shell on my desk to remind me that challenging experiences help shape and smooth us into a beautiful story.

Casey Keene: Mary, I'm so sorry. I wonder what creative strategies could make your space feel more comfortable and welcoming?

Brenda Lee: thank you everyone for your thoughtful responses

Casey Keene: Sara, that's a beautiful sentiment re: the olive shell!

Mandy Traut: I eat several times through out the day. But, I sometimes am anxious that I won't have enough to eat.

Sam Reese: Drinking water is so hard to remember to do, but so important.

Eve Hamrick: I think a lot of us self medicate with food/alcohol, etc.

Mandy Traut: My partner tells me to drink water all the time. It is a challenge for me.

Karen Kalergis: Mary - screen savers that inspire you when you open computer

Mary Johnson: Thanks Karen

Duciana Thomas: I love water

Becca Anderson: Or maybe an oil diffuser so there is a pleasant smell, or a sound machine with soothing sounds

Duciana Thomas: We have water drinking competitions at our office to see who drinks the most

Mary Johnson: I have a salt lamp in my office. Love the diffuser idea Becca

Casey Keene: A salt lamp is a great idea! Such a nice glow, and health benefits too!

Ivonne Ortiz: Love the water drinking competition!

Kati Hajjar: Laughter helps me get through the day, sometimes our staff will share funny videos so we can all experience a light moment in our day

Becca Anderson: There is an app called "Plant Nanny" where you track your water intake to help grow a cute cartoon plant for those of you who are visual!

APS BWS Stability Team : Physical fitness is the answer

Eve Hamrick: My co-worker moderates a great Facebook page called "Self Care for Advocates". Check it out!!

Eve Hamrick: <https://www.facebook.com/groups/Selfcareforadvocates/>

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Kasandra VanSandt: the kids and I do what we call balloon breathing where you breath in really deep then let it out like a balloon.

Becca Anderson: Good for exercising your parasympathetic system!

Casey Keene: What was the breathing experience like for you? What was your favorite breath?

Theresa Brown: Alternate nostril breathing felt good!

Martha Smith Snyder: The alternate nostril

Maria Larrondo: alternate nostril for me too!

Sunita Rajan: Diaphragmatic breath. relaxed me completely.

PAULA GRANGER: felt my body relaxing

Meagan Mulligan: I feel so relaxed!

Norma Mendoza: diaphragmatic breath was so relaxing

Shannon McEntee: Do you exhale through mouth with first two?

Claudia Cisneros: Alternate nostril Breathing was great

Ivonne Ortiz: I feel very relaxed!

josie mengue: I think the best kind of breathing is when you do it without knowing and you have reached a point where you have trained your body to do it automatically during periods of stress, Meleana

Casey Keene: Which of these activities were helpful or useful for you?

Becca Anderson: The breathing exercises are great.

Mickinze VanHerpen: In my office, we dance. And we have hand weights :)

Kasandra VanSandt: massage works great

Karen Kalergis: Gardening - I like ease of pulling a weed...

Mary Johnson: My dogs when I'm at home are wonderful

Kati Hajjar: Our office has partnered with a local massage therapy school, the students come practice on staff and volunteers

Tori Jones: I make a point to walk around the office in between clients, it really helps

Rachel Giordano: We practice doing leg exercises at the copy machine

Kasandra VanSandt: Thank you for a wonderful conference! I learned alot today

Karen Kalergis: I love her spirit and perspective.

Casey Keene: Santa, you've been wonderful! Thanks so much for sharing with us today.

Karla Armbrister: have a peaceful weekend

Alida Gibson: Santa, thank you so much for today! I love your honesty, genuineness and love! Be well!

Meagan Mulligan: Thank you so much! This was awesome!

PAULA GRANGER: This was one of the most relevant webinars I've attended. Thank you Santa and everyone else who is responsible for sharing this information with us.

TinaRae Scott: Thank you. Looking forward to the email with all of the context included to share with co-workers.

Gayle Anderson: Thank you this was very helpful , have a great weekend and thanks again for the webnair

Becca Anderson: Agree with Paula! The incorporation of audience feedback and questions was above and beyond what I've experienced in other webinars. Good foundational information and awesome practical tools

Casey Keene: Thanks, Becca! We so appreciate your feedback!

Casey Keene: And thanks Paula!

Casey Keene: It's been great spending this time with all of you