

# Shining Your Light Again: Resiliency Training/Compassion Fatigue



## Course Description

In this one day program, participants will explore a wide variety of information and skills to help combat chronic stress that leads to compassion fatigue. Participants will learn to develop professional resiliency skills to maximally function under the increasingly difficult and stressful demands of their work environments. There will be time-out sessions for practices in mindfulness, meditation, gentle movement and self-assessments. Each participant will develop an individualized self-care program to integrate into his or her practice immediately.

## Program Learning Outcomes

*This program prepares the learner to:*

- Explore the causes, symptoms, effects of compassion fatigue, along with the treatments and resiliency strategies for potentially debilitating life-changing conditions.
- Explain the effects of the autonomic nervous system in magnifying our stress response.
- Implement skills to self-regulate the autonomic nervous system, going from sympathetic to parasympathetic response.
- Create a self-care resiliency individualized plan to implement immediately.

## Agenda

*Sign-in begins at 7:30 am.* The day includes a one-hour lunch (on your own), as well as a morning and afternoon break of 15 minutes each. The order of lectures presented and break times may vary according to speaker preference.

### 8:00 am to 4:00 pm

- 0800 **How Stress Affects the Body**  
Insomnia | Fat Storage | Memory Issues | Cortisol and Fat Cravings | Blood Sugar | Immunity | Blood Pressure | Identifying Stress and Anxiety
- 0900 **Profession Quality of Life Scale**  
Questions on Self-Assessment | Interpretation of Results
- 0915 **Break**
- 0945 **Causes and Effects of Compassion Fatigue**  
Fatigue vs. Burnout | Early Warning Signs | Secondary Traumatic Stress | Caregiver Stress
- 1045 **Role of Autonomic Nervous System**  
Fight or Flight Response | Parasympathetic Response | Reactivity vs. Responding with Intention | Witness to Suffering On a Daily Basis
- 1115 **Relationship Between Chronic Stress and Chronic Disease States**  
Premature Aging | Effects of Telomeres | Chronic Inflammation and Disease States | Multitasking and Time Management Issues
- 1145 **Stress Reduction Breathing Exercises**  
4-7-8 Breathing Relaxation Techniques | Ratio Charts and Practice
- 1200 **Lunch**
- 1300 **Self-Regulation Practices**  
Definition | Parasympathetic Response vs. Fight or Flight | Exercises

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- 1330 **Benefits of Mindfulness and Meditation**  
Importance of Self-Care | Benefits | Mindful Eating | Progressive Muscle Relaxation | Breath | Spirituality
- 1415 **Self-Care Assessment**  
Answer Questions | Interpretation of Results
- 1430 **Break**
- 1445 **Personalized Self-Resiliency Plan**  
Worksheet | Learning to Play Again | Support Network | Work to Home Transition | Reducing Mind Noise
- 1545 **Resiliency Meditation**  
Exercise | Questions and Answers
- 1600 **Adjourn**

## Accreditation

### RN/LPN/LVN/Other: 6.5 Contact Hours

MED-ED, Inc is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

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If your profession is not listed, we suggest contacting your board to determine your continuing education requirements and ask about reciprocal approval. Many boards will approve this seminar based on the accreditation of the boards listed here.

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