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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<tr>
<td>1330</td>
<td><strong>Benefits of Mindfulness and Meditation</strong></td>
<td>Importance of Self-Care</td>
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<td>1415</td>
<td><strong>Self-Care Assessment</strong></td>
<td>Answer Questions</td>
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<td>Break</td>
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<td><strong>Personalized Self-Resiliency Plan</strong></td>
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**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.

MED-ED, Inc. is an approved provider by the following State Boards of Nursing: Florida/FBN 50-1286, Iowa/296, California #CEP10453.

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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