

**Prevention Plan to Avoid Compassion Fatigue
Commitment to Self-Care**

Inventory of Self Care Practice-Personal

1. Physical

Body work

Effective sleep

Effective methods for assuring of proper nutrition

2. Psychological

Effective behaviors and practice to sustain balance between work and play

Effective relaxation time and methods

Frequent contact with nature and other calming stimuli

Effective methods of creative expression

Effective skills for ongoing self care

Effective skill and competence in mediation and spiritual practice

Effective methods of self assessment and self-awareness

3. Social/Interpersonal

Social supports

Getting help

Social activism

Inventory of Self Care Practice-Professional

1. Balance between work and home
2. Boundaries/limit setting
3. Getting support
4. Generating Work Satisfaction

Action Plan!!

- A. Select one goal from each category
- B. Analyze the resources for and resistances to achieving goals
- C. Discuss goal and implementation plan with support person
- D. Activate plan
- E. Evaluate weekly, monthly, yearly
- F. Notice and appreciate the changes and progress