



Charting My Spirial Workbook



My Warning Signs

- ☐ Every day is a bad day
- ☐ You feel like nothing you do makes a difference or is appreciated
- ☐ Caring about your work or home life seems like a total waste of energy
- ☐ Sense of failure and self-doubt
- ☐ Feeling helpless, trapped, and defeated
- ☐ Detachment, feeling alone in the world
- ☐ Increasingly cynical and negative outlook
- ☐ You feel like nothing you do makes a difference or is appreciated.
- ☐ Overwhelmed
- ☐ Lacking in confidence

Physical signs

- ☐ Feeling tired and drained most of the time
- ☐ Lowered immunity, frequent illness
- ☐ Frequent headaches or muscle pain
- ☐ Change in appetite or sleep habits
- ☐ Loss or change of appetite
- ☐ Significant weight loss or gain
- ☐ Churning gut

Behavioural Signs

- ☐ Withdrawing from responsibilities
- ☐ Isolating yourself and withdrawing from others
- ☐ Procrastinating, taking longer to get things done
- ☐ Using food, drugs, or alcohol to cope
- ☐ Taking out your frustrations on others
- ☐ Skipping work or coming in late and leaving early
- ☐ Increased usage of screen time
- ☐ Not getting things done at work/school
- ☐ Increase or decreased food consumption
- ☐ Not doing usual enjoyable activities

Thoughts

- ☐ 'I'm a failure.'
- ☐ 'It's my fault.'
- ☐ 'Nothing good ever happens to me.'
- ☐ 'I'm worthless.'
- ☐ 'Life's not worth living.'
- ☐ 'People would be better off without me.'
- ☐ Wanting to run away or escape



My Warning Signs (cont.)

Physical

- ☐ Panic attacks
- ☐ Hot and cold flushes
- ☐ Racing heart
- ☐ Tightening of the chest
- ☐ Sleep problems
- ☐ Restlessness
- ☐ Feeling tense
- ☐ Wound up and edgy
- ☐ Detached from your body

Behavioural

- ☐ Avoidance of situations
- ☐ Inability to sit still and remain calm
- ☐ Social withdrawal and isolation
- ☐ Exaggerated startle reflex
- ☐ Decreased ability to perform normal activities of daily life
- ☐ Absenteeism – missing work, taking sick days
- ☐ Avoiding children, parents and staff members
- ☐ Compromised care towards certain children (disconnecting)
- ☐ Difficulty separating work and personal life (impaired boundaries)
- ☐ Also being the 'caretaker' or 'helper' in your personal life

Psychological

- ☐ Excessive fear
- ☐ Worried all the time
- ☐ Catastrophizing
- ☐ Obsessive thinking
- ☐ Overthinking
- ☐ Indecisive
- ☐ Irritable, agitated
- ☐ Worried you're going crazy
- ☐ Emotional exhaustion, reduced ability to feel empathy
- ☐ Low patience
- ☐ More easily angry, irritable, cynical and resentful
- ☐ Shifts in the ability to relate with compassion to others
- ☐ Problems in personal relationships outside of work
- ☐ Doubting your competence and skill in your profession
- ☐ Feeling helpless towards clients
- ☐ Depressed mood (feeling hopeless about yourself, patients and the future)
- ☐ Diminished sense of satisfaction or enjoyment in your career
- ☐ Feeling dread working with certain people
- ☐ Difficulty making simple decisions or clinical decisions that affect others



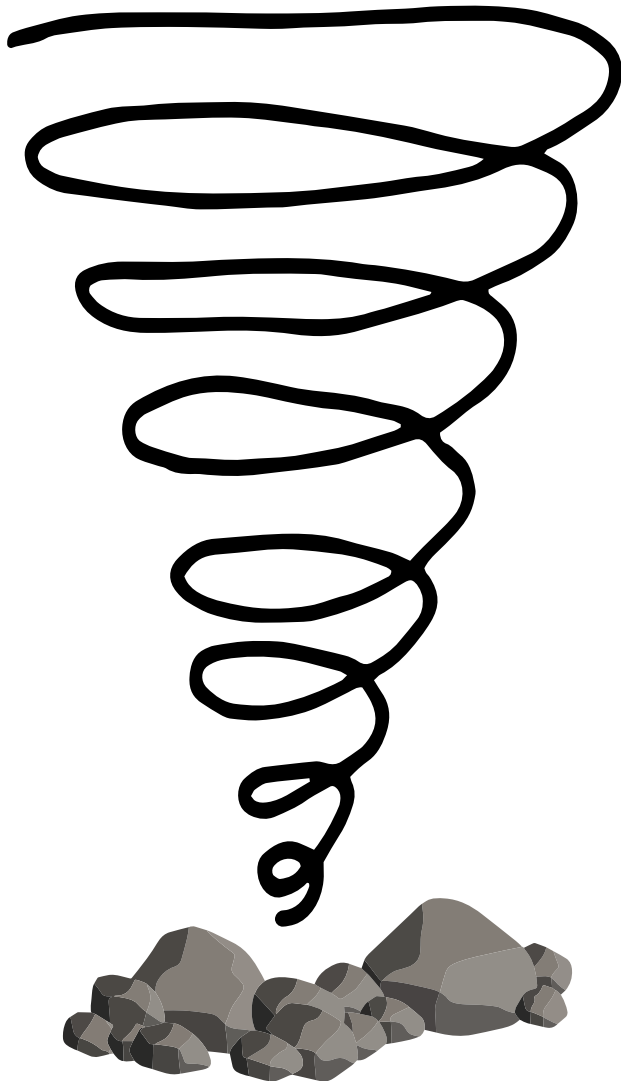


Charting My Spirial

Other warning signs that I am starting to spiral that I notice or others notice around me:

What happens when I start to spiral?

Feeling great and healthy



Rock Bottom/ Meltdown

1

2

3

4

5

6

7

8





What are my basics?

Distracting and disconnecting activities are useful to rely upon when we are at breaking point and in the middle of a meltdown but they are not supportive for long term resilience or behavioural change. We need a list of basic connecting activities that are consistently lived so that they become a buffer from external stressors of life. If we do not have a consistent rhythm of connecting activities that we do everyday, we become increasingly disconnected from ourselves, our thoughts, our feelings and other people around us, which leads to unhealthy coping mechanisms taking us deeper down the downward spiral.

Connecting Activities	Distracting Activities
e.g. gentle walking, deep breathing, shower, cleaning, mowing the lawn	e.g. television, social media smashing yourself at the gym, gossiping/ drama





Tips to manage anxiety

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| 1 | | Stay Connected
Try to stay connected to people in whatever way you can |
| 2 | | Limit Social Media
Be conscious of your exposure to social media and the negative impact it can have |
| 3 | | Keep Routine
Keep routine in your day and add something enjoyable in where you can |
| 4 | | Controlled Breathing
Try deliberately slowing down your breathing. Focus on making it as slow and gentle as possible breathing through your nose. |
| 5 | | Set boundaries
Listen to what you are feeling and if you feel that something being asked of you is contradicting that, say no and set limits, |
| 6 | | Keep Active
Keep active, doing whatever you enjoy (this reduces stress hormone build up) |
| 7 | | Assess your diet
Look at your diet and alcohol consumption and see what might not be supporting you |
| 8 | | Limit Caffeine
Be conscious of your intake of caffeine after midday as it impacts your sleep |
| 9 | | Reach Out
Reach out for help and support from family, friends and health care professionals |
| 10 | | Sleep Hygiene
Look at your bedtime rituals. Are they working for you? Can you limit screen time before bed, use low lighting, implement regular bedtimes |

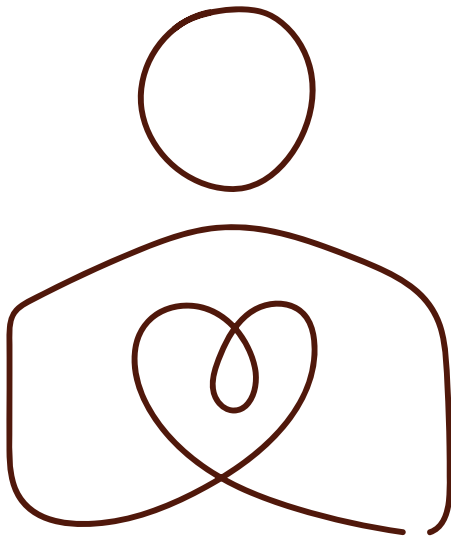




How to prevent and manage compassion fatigue

The best strategy to address compassion fatigue is to develop effective self-care strategies as well as an understanding of early warning signs of compassion fatigue. Self-care is what people do for themselves to establish and maintain health, and to prevent and deal with illness. These can be things like hygiene, diet, lifestyle choices, environmental and social factors.

Everybody's self care routine is different and there is no one 'right' way to do it and it need to be something that is realist and can fit your lifestyle and built into your routine.



Information sourced from the University of Melbourne's short course: compassion fatigue is the cost of caring

Self-Care Tips

- Start a Self-Care list and once you have a list pick three ideas and make a commitment to implementing these within the next month.
- Find time for yourself every day to rebalance and check in with yourself and how you are feeling. Aim for one nurturing thing that you can do for yourself each day
- Delegate - Don't expect others to read your mind and let others do tasks in their own way if you are able to let go of them
- Set Boundaries Take a moment to reflect on whether you need to say no to work, family and social events more often
- Exercise on a regular basis. It does not need to be a punishment, 15 minutes a day is beneficial
- Unwind Daily by practicing a controlled breathing or meditation exercise
- Assess your triggers reflect on what/who may trigger you and plan your self-care accordingly
- Admit if you have been triggered and then resource the people and supports that you know will help you to let go of the situation
- Seek support If you find you can not stop thinking about a particular person or situation seek support from a counsellor, a trusted person or other health professional

