

Webinar Series:
Self Care, Resiliency and Compassion Fatigue
in Student Support and Educational Services

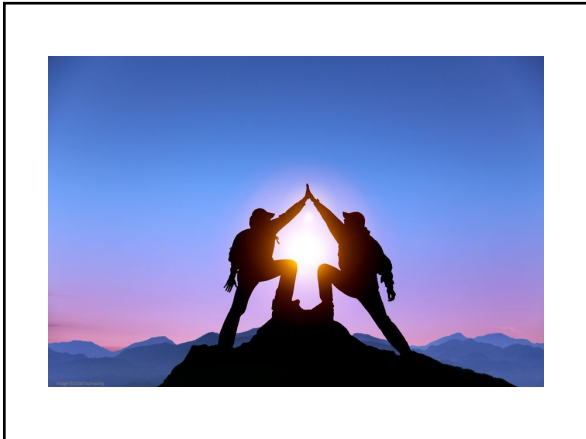
**Webinar Two:
What are compassion fatigue
and burnout?**



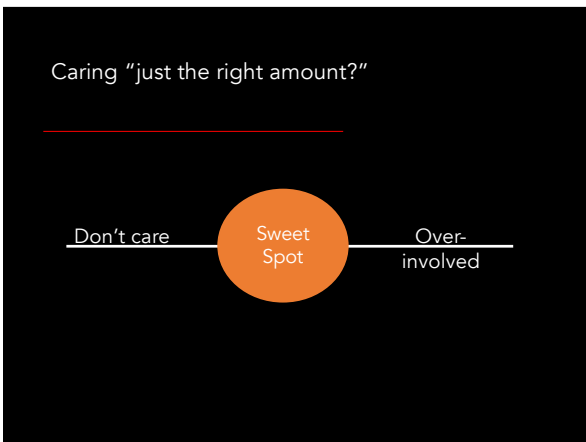

What is compassion fatigue?

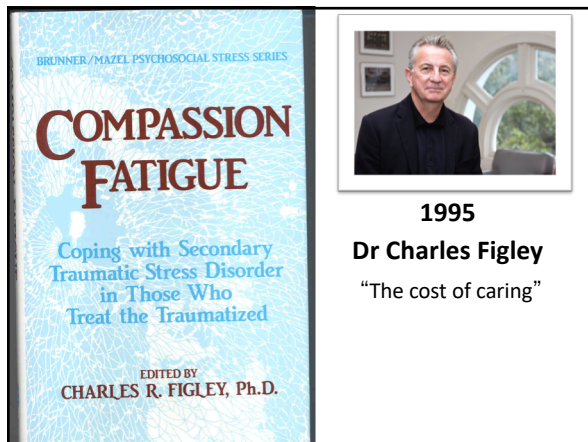


View Tedx Talk:
<http://www.tendacademy.ca/the-edge-of-compassion-tedxtalk/>

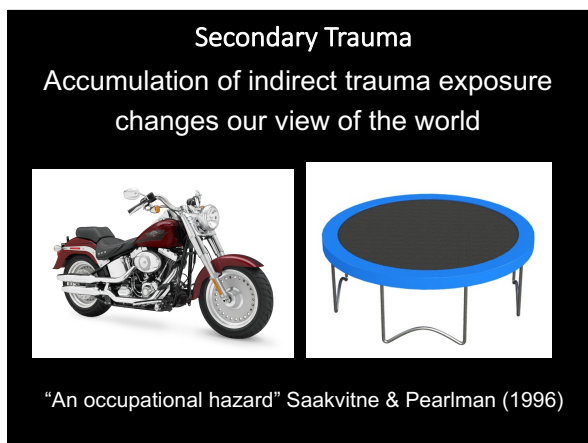


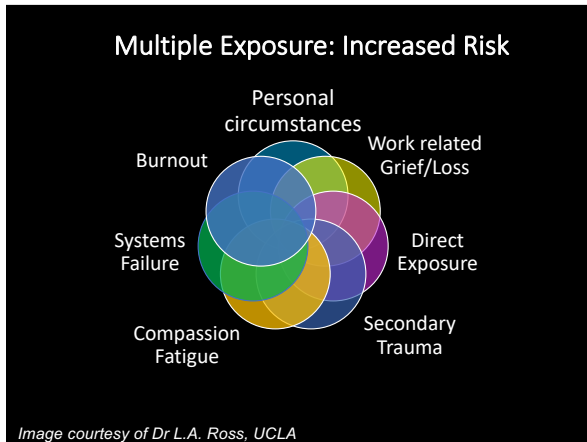













Moral Distress

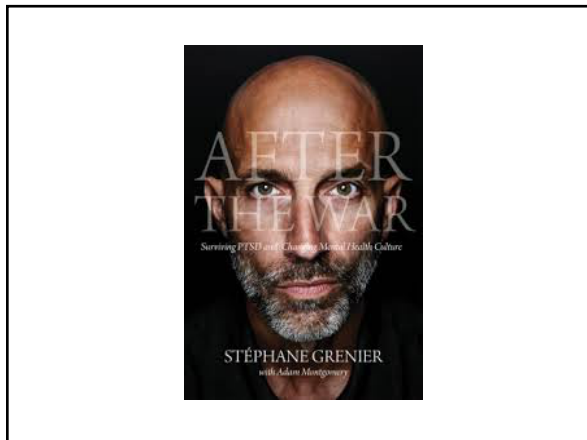


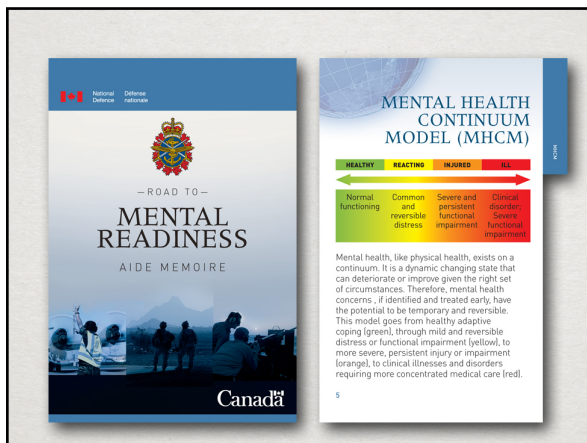
“[...] happens when there are inconsistencies between a [helper’s] beliefs and his or her actions in practice”
(Baylis 2000)

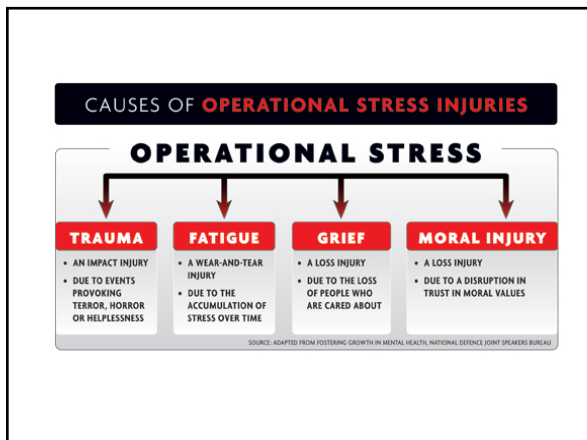
- “when policies or routines conflict with [...] beliefs about [...] patient care”
(Mitchell 2000)

Lt. Col (ret) Stéphane Grenier









Reflection activity:

What areas are most
challenging for you?



Questions

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