The Cost of Caring

St. Mary's Food Bank Alliance

THE WORLD'S FIRST FOOD BANK
PROVIDING MORE THAN FOOD – hope.
The Cost of Caring

• Compassion Satisfaction

The positive aspects of helping - Pleasure and satisfaction derived from working in helping, social service systems
There are a number of terms out there as they relate to stress reactions...

- Vicarious Trauma
- Secondary Traumatic Stress
- Compassion Fatigue
- Burnout
• Vicarious Trauma (VT)
  • VT can be seen as a normal response to ongoing challenges to a helper’s beliefs and values but can result in decreased motivation, efficiency and empathy.
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• Compassion Fatigue
  • Compassion fatigue is experienced by those in social services who are overly focused and upset by the cumulative trauma of those they are trying to help.
  • The symptoms are similar to those of post traumatic stress disorder (PTSD)
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• **Burnout**
  • The state which occurs when stress reactions reach a crisis point. More commonly experienced by staff and volunteers in response to continual exposure to other peoples pain.
• Cost of burnout in disaster workers
  • No one who responds to a disaster event is untouched by it
  • Profound sadness, grief, and anger are normal reactions to an abnormal event
  • Wanting to remain on the scene until the work is finished
  • Overriding stress and fatigue with dedication and commitment
  • Denying the need for rest and recovery time
• Why is this an issue?

• Job or volunteer performance decreases in terms of productivity
• Mistakes increase
• Organization’s morale drops
• Work / volunteer relationships suffering
• Personal life suffers
• Can lead to problems with health
• You isolate

• You begin to treat others differently
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To better understand how we go from this:

To this:
Recognize the Signs

• Checking email right as it comes in.
• Dreading the start to a new day.
• Thinking about work constantly during your personal time.
• Inability to delegate, need to do everything yourself.
• Mistreating the very people you sought to help
Lets Test Your Response

He LOOKS like he can work

Well...if she can afford a cellphone...

They can't all be her kids none of them look like her

they drive a nicer car then me

Nice manicure

They are here every month, they MUST be lazy
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- Gaps in service
Burnout leads to actual chemical changes within your brain.
I want to remind you of those first days working at the ______________.

• Back when you wanted to save the world.
• Back when your compassion was fresh and your passion was strong
• Back when each client was acknowledged.
• Back when you looked into their eyes
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RAISE AWARENESS

#IMJOYFUL #NOBURNOUTHERE #WILLWORKFORFOOD
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Wellness involves:

- Awareness
- Balance
- Boundaries/Limit setting
- Getting support
- Strategies for coping
- Professional training
- Replenishment
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• Sometimes you may have to fake it until you make it!
The Purpose of Life is to Live a Life of Purpose

Live With Purpose!

Thank you for your time.
Please contact me with any questions:
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