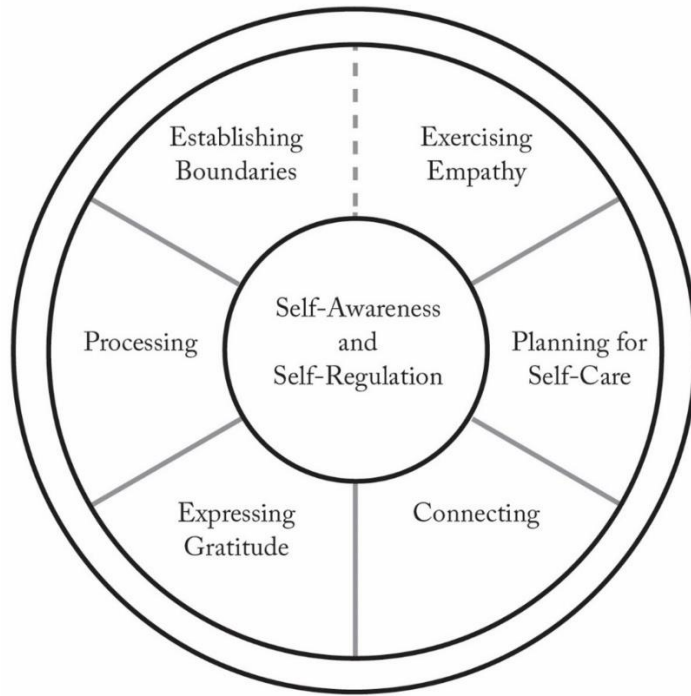


Compassion Fatigue

In Leadership



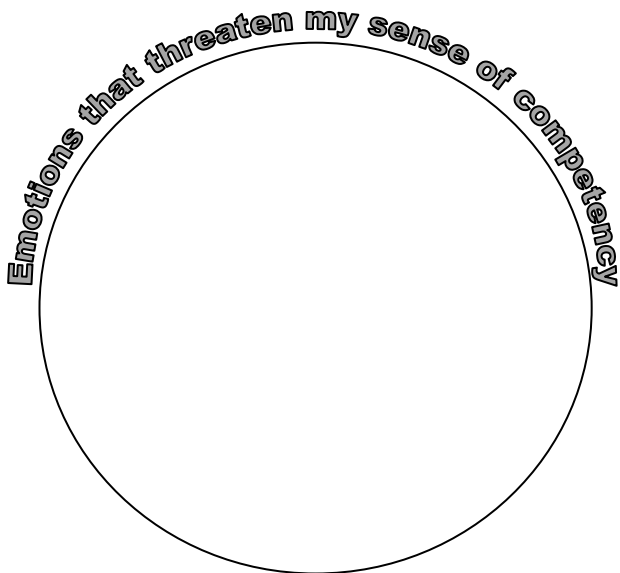
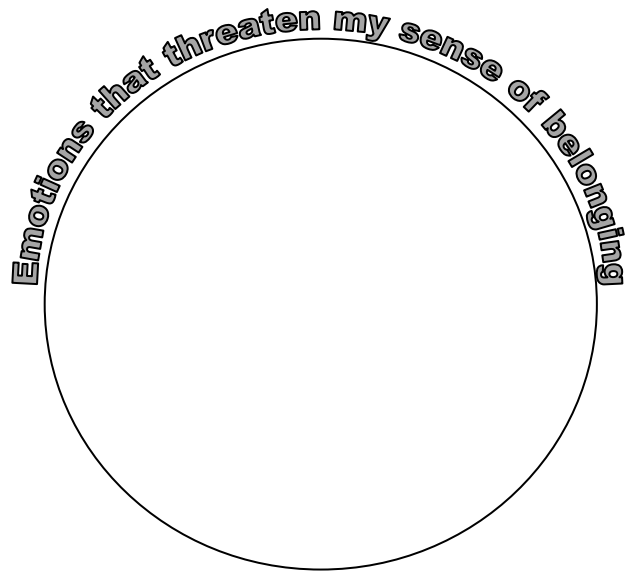
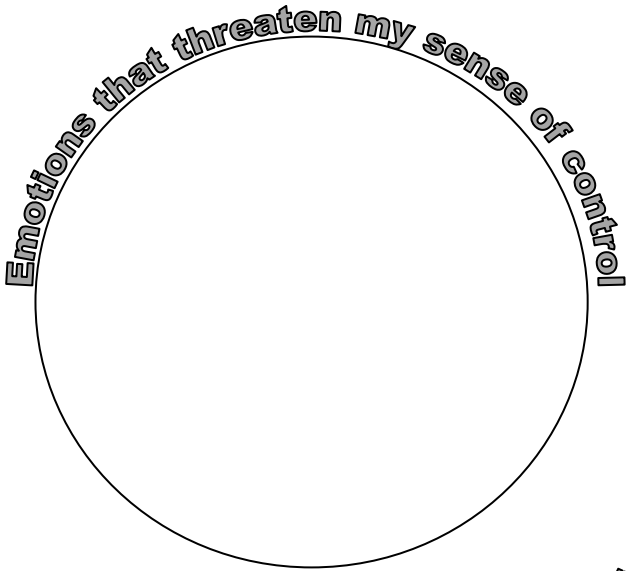
Cultivating
Human
Resiliency



Self-Awareness		
Exercise Empathy		
Clarify Boundaries		
Debrief Regularly		
Express Gratitude		
Connect		
Practice Self-Care		

Fight/Flight		Freeze
	Behavioral Responses	
	Cognitive Responses	
	Emotion Responses	
	Body Responses	

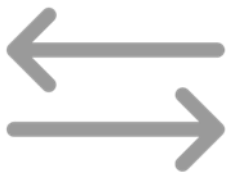
Emotional Triggers



Mind Traps

NEGATIVE BIAS

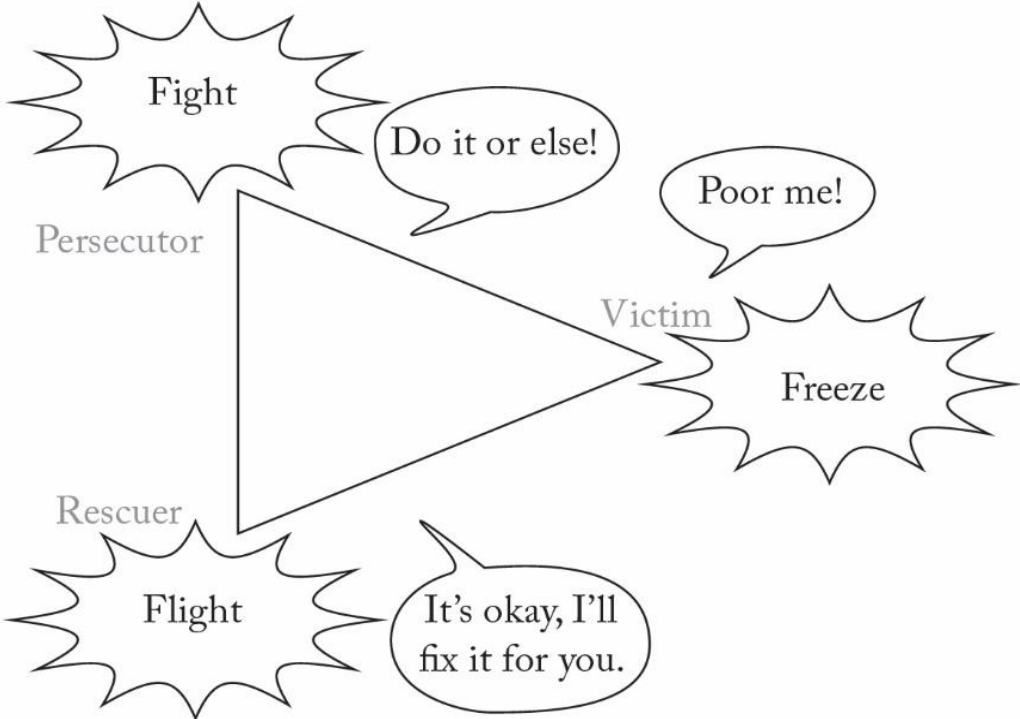
SCARCITY BIAS



POLARIZED THINKING

TIME DISTORTION

Relationship Responses



FIGHT	FLIGHT	FREEZE

