Self-Care in the Library

CHILDREN AND TEENS SERVICES FORUM
JUNE 19, 2020
Burnout and Compassion Fatigue

Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress. (Psychology Today 2020)

Compassion Fatigue is a condition in which someone becomes numb to the suffering of others, feels less able to display empathy toward them, or loses hope in their ability to help. (Psychology Today 2020)
Signs of Burnout

Physical and mental exhaustion
A sense of dread about work
Feeling of cynicism, anger, and irritability
Feeling you can no longer do your job effectively

(Psychology Today 2020)
Signs of Compassion Fatigue

- Feeling burdened by the suffering of others
- Blaming others for their suffering
- Isolating yourself
- Loss of pleasure in life
- Difficulty concentrating
- Insomnia
- Physical and mental fatigue
- Bottling up your emotions
- Increased nightmares

- Feelings of hopelessness and powerlessness
- Frequent complaining about your work or your life
- Overeating
- Excessive use of drugs or alcohol
- Poor self-care
- Beginning to receive a lot of complaints about your work or attitude
- Denial

(Bourg Carter 2014)
Compassion Fatigue Awareness Project

Resources
Suggested Readings
ProQoL (Professional Quality of Life Scale) and Life Stress Tests

https://www.compassionfatigue.org/
What We Can Do – Physical Health

- Eat a healthy diet
- Drink plenty of water
- Get 7 to 8 hours of sleep each night
- Exercise every day
- Take deep breaths and stretch often
- Avoid risky behaviors such as alcohol, drugs, or gambling
- Spend time outside but be sure to practice social distancing
What Can We Do – Mental Health

- Maintain a routine at home
- Focus on things you can control
- Focus on the present and things to be grateful for
- Listen to music
- Read books
- Consume reliable news sources
- Lean on your personal beliefs for support
- Look for ways to help your community
- Acknowledge what others are doing to help your community
Self-Care for Coping

- Breathe in fresh air
- Snuggle under a cozy blanket
- Take a hot shower
- Get a massage
- Cuddle with a pet
- Garden
- Watch a movie

- Journal – write your feelings down
- Meditate
- Yoga
- Take a nap
- Call a friend
- Join a support group
Remember to...

Cry when you need to

Laugh when you can
Additional Resources

https://thewholeu.wiw.edu/2020/03/19/virtual-fitness-classes/

https://www.bbc.com/worklife/article/20200305-how-burnout-affects-mental-health-workers


Additional Resources

https://support.swanlibraries.net/tutorial/72443
https://letterstoayounglibrarian.blogspot.com/2015/06/preventing-librarian-burnout.html
https://www.compassionfatigue.org/
https://www.proqol.org/uploads/ProQOL_5_English_Self-Score_3-2012.pdf
https://www.goodtherapy.org/blog/psychpedia/compassion-fatigue
https://ala-apa.org/newsletter/2009/12/01/spotlight-2/
Resources


