

	HEALTHY	REACTING	INJURED	ILL
MOOD	Normal mood fluctuations Calm & takes things in stride	Irritable/Impatient Nervous Sadness/Overwhelmed	Anger Anxiety Pervasively sad/Hopeless	Angry outbursts/Aggression Excessive anxiety/Panic Depressed/Suicidal thoughts
ATTITUDE & PERFORMANCE	Good sense of humour Performing well In control mentally	Displaced sarcasm Procrastination Forgetfulness	Negative attitude Poor performance/Workaholic Poor concentration Poor decision-making	Overt insubordination Can't perform duties, control behaviour or concentrate
SLEEP	Normal sleep patterns Few sleep difficulties	Trouble sleeping Intrusive thoughts Nightmares	Restless disturbed sleep Recurrent images Recurrent nightmares	Can't fall asleep or stay asleep Sleeping too much or too little
PHYSICAL HEALTH	Physically well Good energy level	Muscle tension Headaches Low energy	Increased aches and pains Increased fatigue	Physical illnesses Constant fatigue
SOCIAL WELL-BEING	Physically and socially active	Decreased activity Reduced socializing	Avoidance Withdrawal	Not going out or answering phone
SUBSTANCE USE & GAMING	No or low risk use of alcohol/ cannabis/gambling/gaming	Alcohol/cannabis/ gambling/gaming increasingly used to relieve tension/cope with stress	Difficulties limiting use of alcohol/cannabis/ gambling/gaming	Unable to control use of alcohol/cannabis/ gambling/gaming
	Use Big Four + Employ healthy coping Nurture support system	Recognize limits, take breaks Get adequate rest, food, exercise Identify and resolve problems early	Tune into own signs of distress Talk to someone, ask for help Get help sooner, not later	Know resources and access them Follow care recommendations Remember treatment works

### THE BIG FOUR +

#### Goal Setting

- Specific: your behaviour
- Measurable: quantify progress
- Attainable: challenging and realistic
- Relevant: Want it or need it
- Time-bound: set finish line
- What's Important Now



#### Healthy Coping Strategies

#### Self-Talk

- Become aware of self-talk
- Stop the unhelpful messages
- Replace with Task
- Relevant Instructional Self Talk (TRIST)
- Replace with positive messages
- "I can do this." "Focus."



#### +Attention Control

Refocusing Strategies:

- Cue statements
- Goal setting
- Take brief breaks
- Tactical breathing

Shifting Attention

- Attention Control Drills
- Visualization
- Tactical breathing
- What do you see? Hear?



#### Visualization

- Be calm and relaxed
- Use all senses
- See positive mental images
- Keep it simple
- Use movement
- Rehearse it first to improve performance



#### Arousal Control

Tactical Breathing:

- Breathe into diaphragm
- Inhale, hold, exhale to the count of 4

Progressive Muscle Relaxation (PMR):

- Find optimal muscle tension
- Tighten muscle group for 5 seconds.
- Release tension



Model created by the Canadian Armed Forces Mental Readiness program

### Symptoms of Compassion Fatigue

**P.E.B.A.**

**P** - Physical cues: Exhaustion, changes in appearance, shakiness/tremors.

**E** - Emotional cues: Shame, disgust, helplessness, sense of injustice, decreased compassion for self and others, relationship issues.

**B** - Behaviour cues: Verbal and physical threats, defensiveness, irritability, isolation from others.

**A** - Attendance and Performance cues: Tardiness, extended lunchtime, misuse of leave. Missing deadlines, inconsistent work quality, work quality below norm, forgetful, excessive job accidents.

### Questions to Test for Compassion Fatigue

**"LIFT COPS IN"**

**L** - LIKE: How much do I like my work as an officer?

**I** - INTRUSIVE: Do I have intrusive, frightening thoughts or dreams that are the result of my work as an officer?

**F** - FAILURE: Do I have the thoughts that I am a "failure" as an officer?

**T** - TRUST: How much do I trust myself and my coworkers?

**C** - CHANGED: Has the way I feel about work changed significantly over time?

**O** - ON EDGE: Do I feel "on edge" because of my work as an officer?

**P** - PRODUCTIVE: Do I feel less productive at work as an officer because of the traumatic experiences of the people I help?

**S** - SPENT: How tired or spent do I feel because of my work as an officer?

**I** - INTEGRATE: How well do I integrate my personal life with my life as an officer?

**N** - NURTURE: How well do I take care of myself and maintain my well-being while working as an officer?

### Questions to Test for Moral Injury

Did you or others witness an event or did you or others act in ways that transgressed your moral code or value system?

**"MYOPIC"**

Has the event changed your view of:

**M** - MACROCOSM (world or universe),

**Y** - YOURSELF or

**O** - OTHERS?

**P** - Are you PREOCCUPIED with the event?


**I** - What is the IMPACT on your life? (Relationships, Sense of Meaning, Spirituality or Beliefs?)

**C** - Has it made you CONFUSED about who you are as a person?



## Compassion Fatigue and Moral Injury Guide

Tap phone here



for more info