Welcome!

Today we will help you

- Understand the "Helpers Risk Trifecta"
- Learn the signs and symptoms of the trifecta.
- Create an individual plan to build resiliency to help prevent risk of the trifecta.
The Helper’s Risk Trifecta

As Defined by Marie Kueny
“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”
— Dalai Lama XIV, The Art of Happiness
Shared Signs and Symptoms

- Increased irritability
- Sleeping problems
- Forgetfulness
- Stomachaches
- Headaches
- Frequent Illness
- Social Withdrawal
- Isolation/Detachment
- Anxiety
- Depression
- Feelings of Hopelessness
- Apathy
Secondary Trauma can mimic signs of trauma including PTSD - nightmares, flashbacks, sense of dread, unexplainable fear

- Exposure to victims of trauma
- Compassion fatigue stems from giving until you feel you have nothing left to give. Your needs are not being met.
- Burnout often results from an unmanageable workload, unrealistic expectations from self or others, neglecting self-care

Healing is necessary
Steps to Begin Healing Process

- Acknowledge where you are. Check-in with yourself on a daily basis - physically, mentally, emotionally, spiritually

- Practice self-compassion and self-care

- If symptoms are severe, impacting your daily ability to function, or increase, contact professional services
The Intentionality of Finding Balance
Creating a Balanced Vision

- Vision Board Mapping
  - Values & Affirmations
  - Vision & Mission Statement
  - SMART Goals
- Superhero Syndrome - unmanageable amount of pressure to perform
- Task to Time - project scheduling
- Accountability Partner - #goalfriend
SWOT Analysis
Additional RESOURCES

ProQOL -
https://proqol.org/ProQol_Test.html

Compassionate Educators Coaching & Consulting

Balanced Vision Group Coaching & Individual Consultation
Stay in Touch!

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