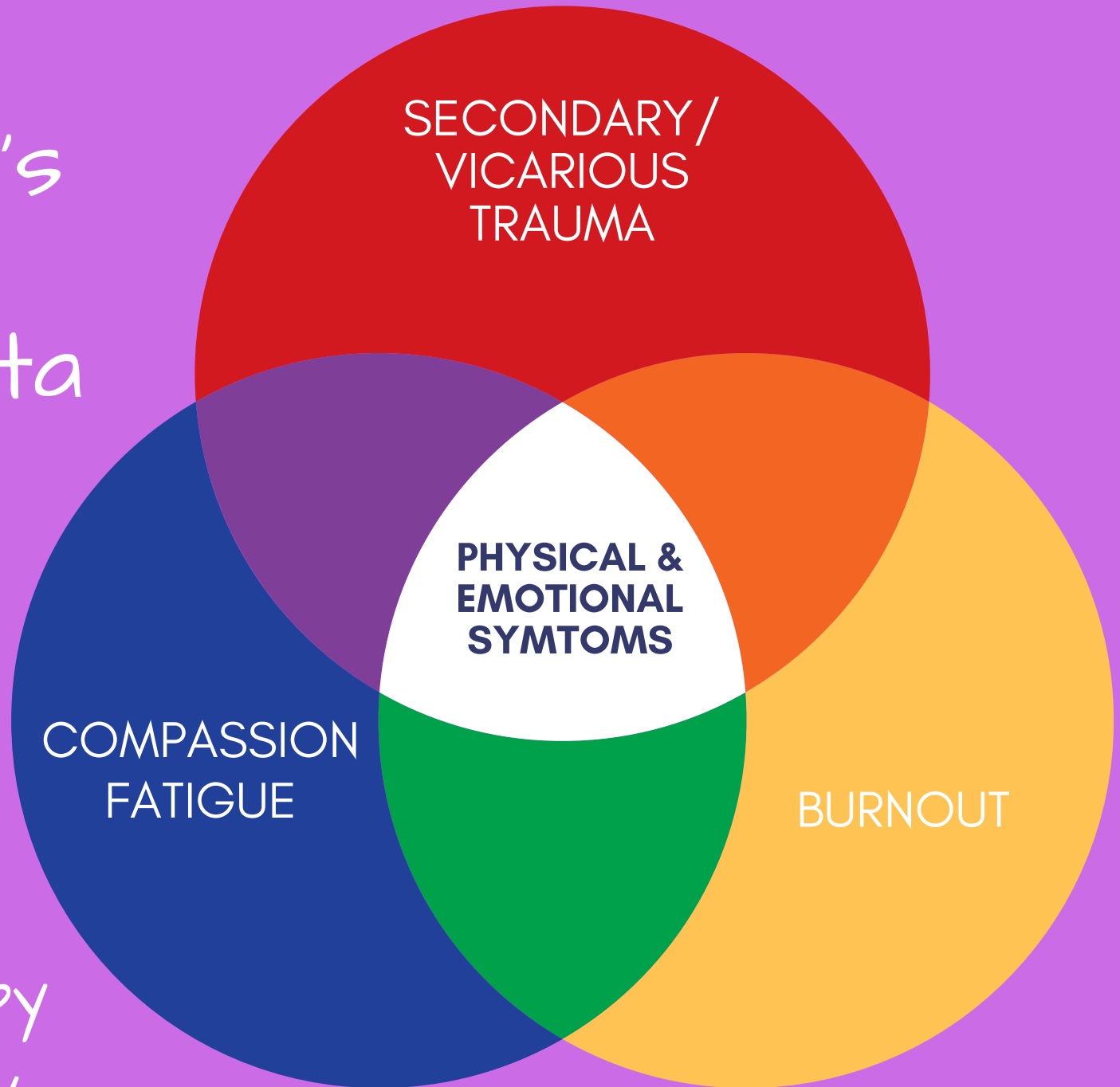


# Welcome!

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 Hopeless

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.

Healing is  
necessary

Burnout often  
results from an  
unmanageable  
workload,  
unrealistic  
expectations from  
self or others,  
neglecting  
self-care

# 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](https://proqol.org/ProQol_Test.html)

Compassionate Educators Coaching  
& Consulting

Balanced Vision Group Coaching &  
Individual Consultation

# Stay in Touch!



**Marie Kueny**

[Support@compassionateeducators.com](mailto:Support@compassionateeducators.com)

Join Compassionate Educators on FB  
Listen to "The Compassionate  
Educators Show" for connection,  
inspiration & support



**Tessa Thompson**

[consulting@balancedvision.org](mailto:consulting@balancedvision.org)

<https://www.balancedvision.org>  
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