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Heal. Care. Build.

Understanding Different Paths for Holistic Wellbeing

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Learning Objectives

By the end of this session, you will be able to:

- Differentiate between healing from the past, cultivating self-care, and building resilience
- Recognize which best practices are most appropriate for different situations
- Identify one practical resilience-building skill you can begin using immediately



What is Compassion Fatigue?

Compassion fatigue is the cumulative physical, emotional and psychological effect of exposure to traumatic stories or events when working in a helping capacity, combined with the strain and stress of everyday life.

Compassion Fatigue may lead to:

- Reduced empathy and emotional capacity
- Increased risk of burnout
- More difficulty in recovery from stress



What is Burnout?

Burnout is a state of emotional exhaustion, physical fatigue and cognitive weariness caused by long-term uncontrolled and unresolved work stressors and possibly by other long-term personal and environmental stressors such as major illness, family difficulties, or other persistent adversity.

Burnout may lead to:

- Feelings of energy depletion or exhaustion
- Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job
- Reduced professional efficacy



Let's Chat





46%

Nearly half of health workers
reported often feeling burned out
in 2022, up from 32% in 2018.





The answer to
compassion fatigue
and burnout
is always self-care



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The answer
NOPE 
is always self-care





*Different situations.
Different tools.*





1

HEAL THE PAST

Repair the damage

Working on structural damage
past storms caused.

2

CULTIVATE SELF-CARE

Clean up the house

Actively fixing things that pop
up as they arise.

3

BUILD RESILIENCE

Plan for next time

Learning new skills and
preparing for the next storm.

Three sets of tools. Three different timeframes. Three ways of caring for yourself.





Healing the Past

Fixing the foundation
after the storm



57.3%

Nurses screen positive for
secondary traumatic stress,
per a 2026 meta-analysis of 7,090 nurses





What Is Trauma?

Trauma results from an event or set of circumstances experienced as physically or emotionally harmful, with lasting adverse effects on a person's functioning and well-being.



An Unhealed Wound Doesn't Heal Itself

- Emotional trauma behaves like a physical wound left uncleaned
- The longer it's neglected, the more it festers — and the more effort it takes to clean out and close
- Healing isn't weakness; it's wound care
- The goal isn't to forget it happened — it's to keep it from infecting everything else



Healthcare Can be Trauma-prone



- *Repeated challenging situations:*
Codes, deaths, and end-of-life care
- *Moral distress:*
Knowing the right action but being unable to take it
- *Extraordinary events:*
Mass casualties, workplace violence, pandemic surges

We are trained to keep composure in the moment.
This doesn't mean nothing happened.



Tools for Our Toolbox – Healing the Past

- Trauma-focused therapy — CBT, EMDR, and related modalities
- Medication, when clinically indicated
- Self-compassion practices
- Spiritual or pastoral care
- Writing exercises for processing past wounds

Healing usually needs support — it's rarely a solo project



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Let's practice:

Mindful

Self-Compassion



<https://self-compassion.org/wp-content/uploads/2019/09/Germer2019.pdf>

<https://www.tiemh.org/wp-content/uploads/2024/07/Self-Compassion-Exercises-Interrupting-Compassion-Fatigue.pdf>



Cultivating Self-Care

Fixing what needs attention
in the present





What Is Self-Care?

The ability of individuals, families and communities to promote and maintain their own health, prevent disease and cope with illness, with or without the support of a health or care worker.

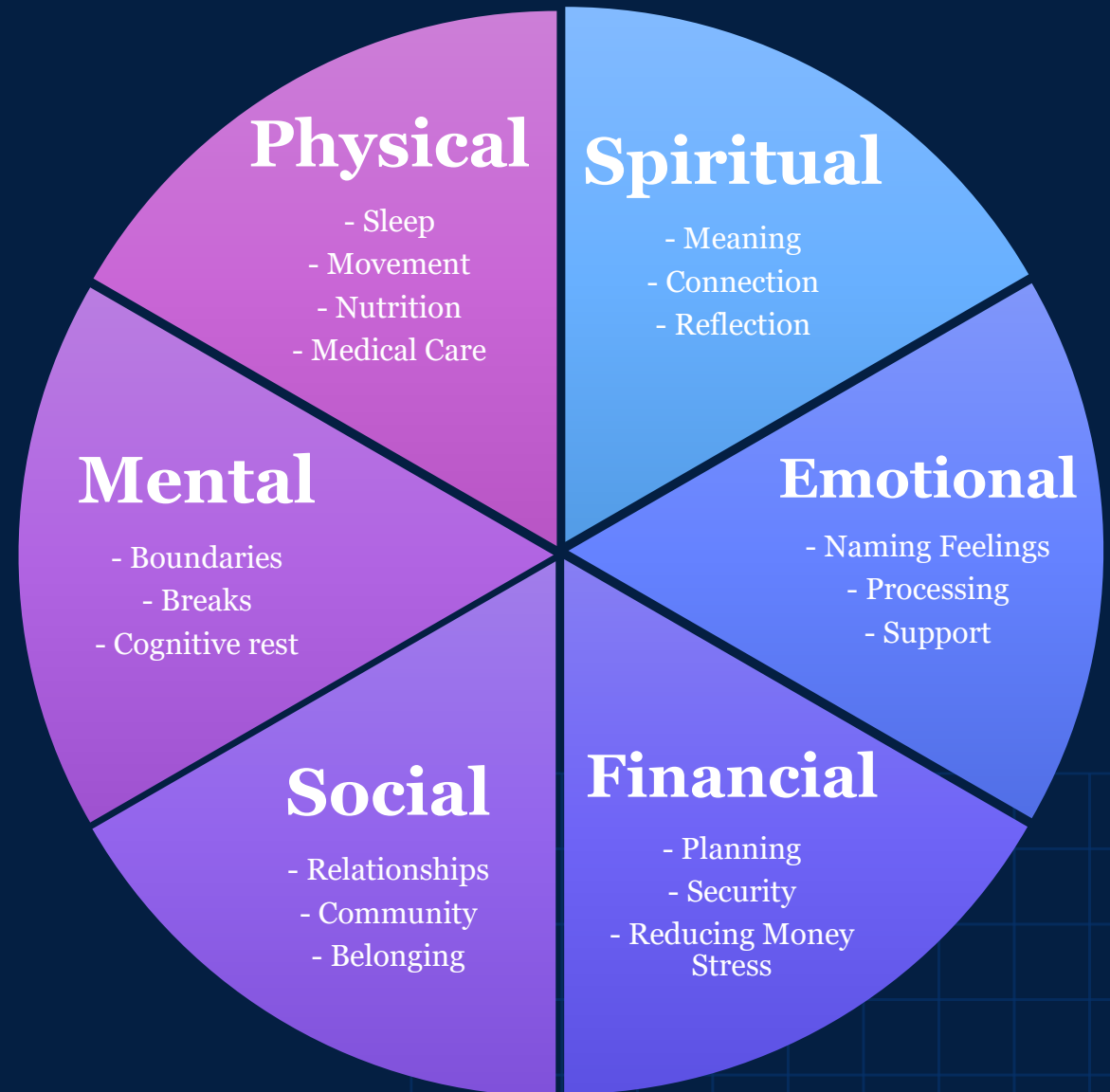


What Self-Care Is — and Isn't

Self-Care IS	Self-Care IS NOT
• A timely response to caring for what is coming up in the moment • Deliberate, repeated action • Unique to each person • Essential for longevity in healthcare	• A substitute for healing past trauma • One and done • Only manicures, massages, or spa days • Something you earn



Six Domains of Self-Care





Six Domains of Self-Care

What are the one or two domains that you are most neglecting right now?



Let's Chat



Tools for Our Toolbox – Cultivating Self-Care

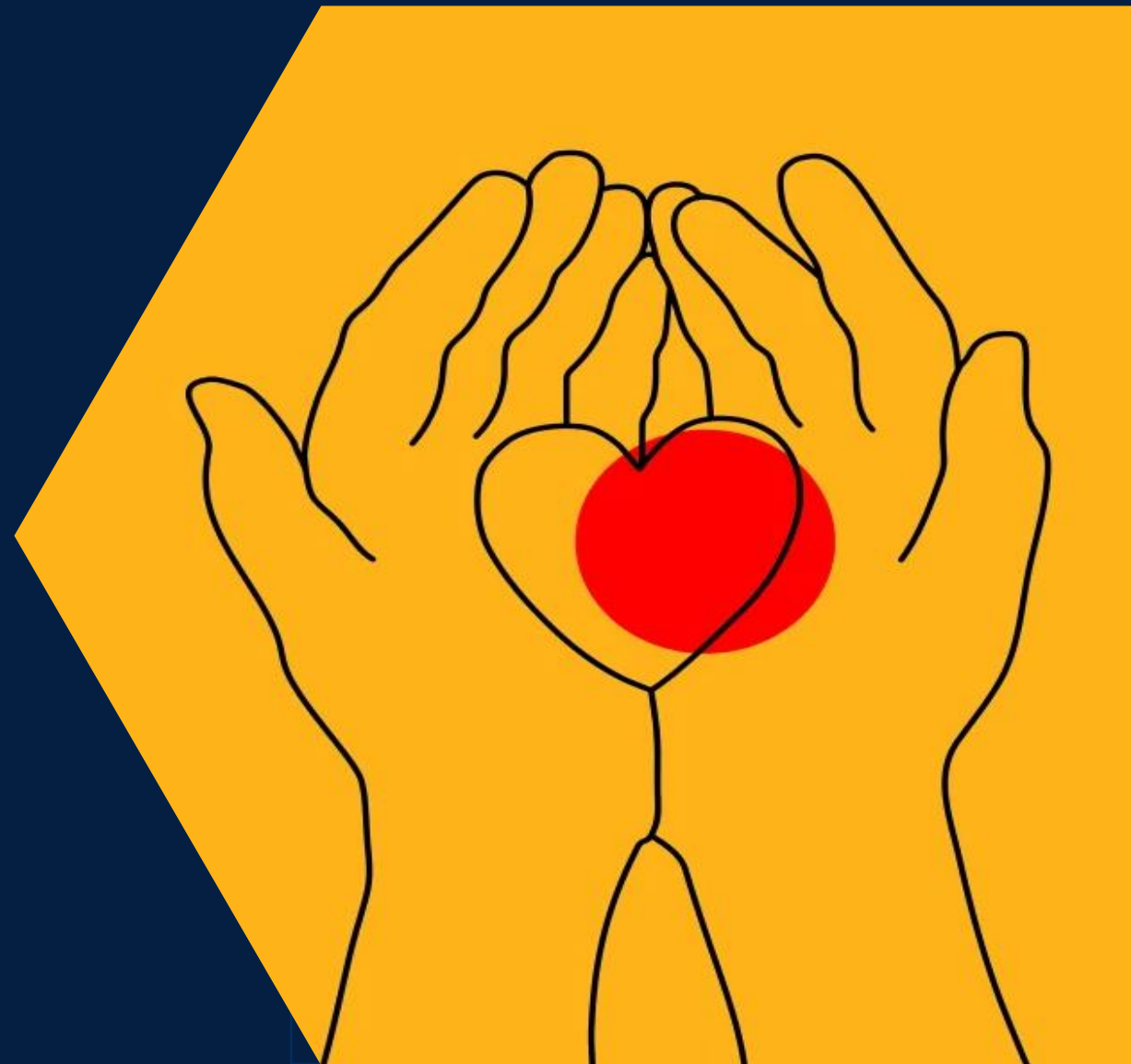
- Get your body moving!
- Everything in moderation – food, drinks (all the kinds), exercise, social media
- Remember that one bad moment is only one bad moment
- Journaling
- Cognitive Reframing
- Watch how you are talking to yourself

Boundaries, Boundaries, Boundaries! For self-care in the moment, boundaries protect your time, your emotional tank and your ability to continue giving care.



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Let's practice: Gratitude





Building Resilience

Preparing for whatever
storms may come



What Is Resilience?

The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.



Building the Muscle Before You Need It

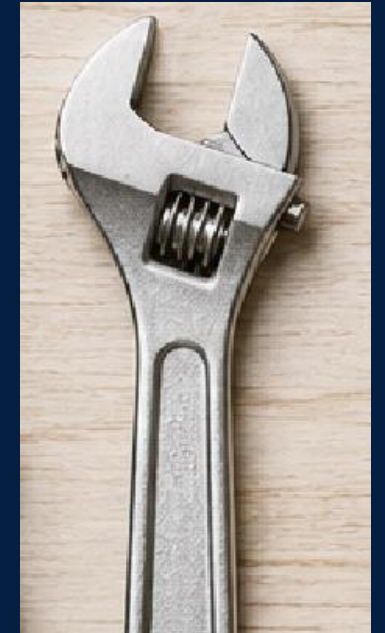
- Resilience is a skill set that expands with practice, not a fixed trait
- Practiced in calm moments so it's available in hard ones
- Resilience building requires intentionality in

“Resiliency training is most effective when it becomes a health practice much like washing your hands, brushing your teeth, or getting enough sleep. Prevention is not a “sometimes” thing,” but rather an “everyday” thing.”



Tools for Our Toolbox – Building Resilience

- Mindfulness exercises
- Gratitude practice
- Daily Meditation
- Develop a network of support
- Rediscover things that bring you joy and satisfaction
- Increase self-awareness of your own thoughts
- Challenge negative thinking in yourself



Building Resilience takes practice



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Let's practice: Visualizing a Safe Space





Let's Compare

Concept	Time Orientation	Purpose	Example Tools
Healing the Past	Past	Repair injury already done	Therapy, EMDR, medication
Cultivating Self-Care	Present	Sustain capacity right now	Rest, boundaries, nutrition
Building Resilience	Future	Prepare for what's ahead	Mindfulness, peer support, debriefing

Overlapping tools exist across all three — but the purpose and timing differ.



What's in Your Toolbox?

- What is one self-care or resilience tool you already use?
- What is one resilience tool you don't currently use but want to try?



Methodist Resources



Employee Assistance Program (EAP)

Bestcareeap.org

4-8000

Spiritual Care & Chaplaincy Services

Page the chaplain for a debriefing or support

4-4000

RISE Peer Support Program

Confidential peer support 24/7

4-RISE
(7473)



What resources do you have in your organizations?



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Remember – Best Care begins with Self-Care!

(or healing, or building resilience)

