

## The Self Care Gauge

Green	Yellow	Red

**Write down 3 warning signs that you are getting overloaded with stress (could be physical, emotional or behavioural):**

- 1.
- 2.
- 3.

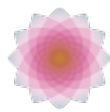
## My Commitment Today

**Immediate plan:** Can you think of one small step you could take in the very near future to move you closer to this goal? *(you could consult a friend/coach/counsellor for additional ideas if you feel stuck)*

**Change I could make in the next Week:**

**Change I could make in the next Month:**

**Change I could make in the next Year:**



## Recommended Resources

### Compassion Fatigue/Secondary Trauma

Mathieu, F. (2012). *The compassion fatigue workbook: Creative tools for transforming compassion fatigue and vicarious traumatization*. New York: Routledge.

van Dernoot Lipsky, L. & Burke, C. (2009). *Trauma stewardship: An everyday guide to caring for self while caring for others*. San Francisco: Berrett-Koehler.

### Compassion Fatigue Self Test

[www.proqol.org](http://www.proqol.org)

### Work/Life Balance

Richardson, C. (1999) *Take Time for Your Life: a 7 Step Program for Creating the Life you Want* by Cheryl Richardson.

## Recommended Websites

### Physician Health

CMA Centre for Physician Health and Well-Being: [www.cma.ca](http://www.cma.ca)

Healthy Practices Podcasts: [ePhysicianHealth.com](http://ePhysicianHealth.com)

**Compassion Fatigue, Secondary Trauma, Burnout, Wellness:**  
[www.compassionfatigue.ca](http://www.compassionfatigue.ca)

**Simplifying:** [www.zenhabits.net](http://www.zenhabits.net)

**Financial Health:** [www.gailvazoxlade.com](http://www.gailvazoxlade.com)

**Emotional Freedom Technique:** <http://eft.mercola.com>



### **Burnout in Physicians: Selected papers**

Huggard, P. (2003) Secondary Traumatic Stress: Doctors at Risk. *New Ethicals Journal* Sept.

Kearney, M. K, et al (2009) Self-Care of Physicians Caring for Patients at the End of Life: Being Connected...A Key to My Survival. *JAMA*.301(11):1155-1164.

Markwell, A.L. & Wainer, Z. (2009) The health and well being of junior doctors: insights from a national survey. *MJA*, Vol 191 (8), Oct 19.

Shanafelt, T.D., et al. Burnout and Self-Reported Patient Care in an Internal Medicine Residency Program. *Annals of Internal Medicine*, 2002; Vol 136, no 5.

Shanafelt, T.D., Boone, S., Tam, L. et al Burnout and Satisfaction with Work-Life Balance among US physicians relative to the general US population. *Arch Intern Med*. 2012; 172(18): 1377-1386.

### **Selected Journal Articles on Compassion Fatigue and Oncology**

Abendroth, M.A. & Flannery, J. (2006) Predicting the risk of compassion fatigue: a study of hospice nurses. *Journal of hospice and palliative nursing*. Vol 8, No. 6, november/December 2006.

Alkema, Karen, Linton, J.M., Davies, R. A study of the relationship between self-care, compassion satisfaction, compassion fatigue, and burnout among hospice professionals. *Journal of social work in end-of-life & palliative care* (oct 2008), 4 (2), pg. 101-119.

Emanuel, L. et al (2001) Combating Compassion Fatigue and Burnout in Cancer Care. *Medscape* - excerpted and adapted from Emanuel, LL et al. education in palliative and end-of-life care for oncology (Module 15: Cancer doctors and burnout), EPEC Project, Chicago, IL, 2005.

Granek, L. et al (2012) Nature and impact of grief over patient loss on oncologists' personal and professional lives. *Arch Intern Med*, 172(12):964-966. doi:10.1001/archinternmed.2012.1426.

Grunfeld, E. et al (2000) Cancer care workers in Ontario: prevalence of burnout, job stress and job satisfaction. *CMAJ* 2000; 163(2) 166-9.

Kearney, M.K., et al (2009) Self-care of physicians caring for patients at the end of life. *JAMA*, March 18, 2009 - vol 301, no 11.

Najjar, N. et al (2009) Compassion Fatigue: A review of the research to date and relevance to cancer-care providers. *Journal of Health Psychology* (March 2009), 14(2), pg. 267.277.

Pfifferling, J.H & Gilley, K. (2000) Overcoming compassion fatigue. *American Academy of Family Physicians*. Available online.

Rourke, M.T. (2007) Compassion Fatigue in Pediatric Palliative Care Providers. *Pediatric Clinics of North America*, Volume 54, Issue 5, October 2007, Pages 631-644. Pediatric Palliative Care.