

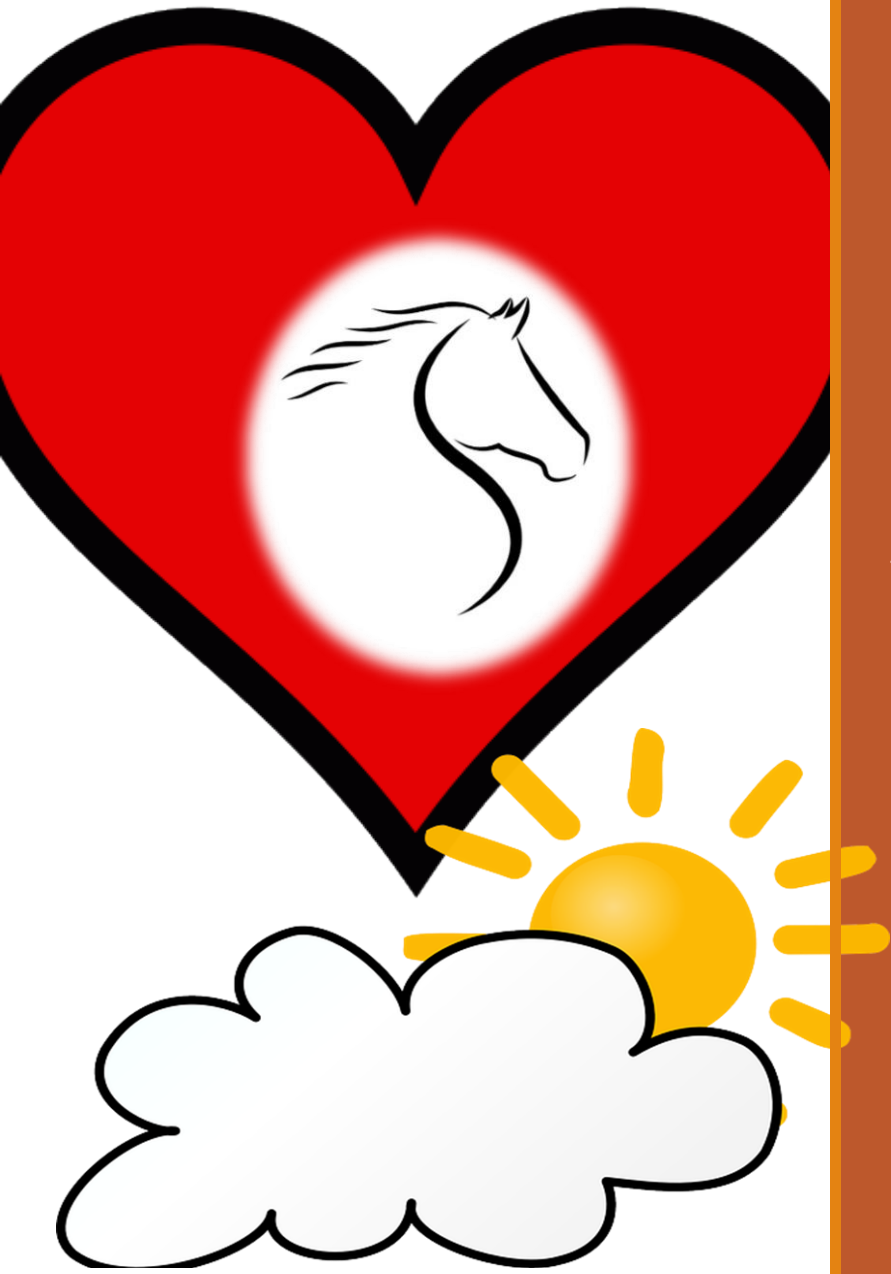
# Finding Balance in the Barn





*“Compassionate toward yourself, you  
reconcile all beings in the world.”*

*Tao Te Ching*



# An Everyday Tool for Coping with Compassion Fatigue

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Compassion finds you.



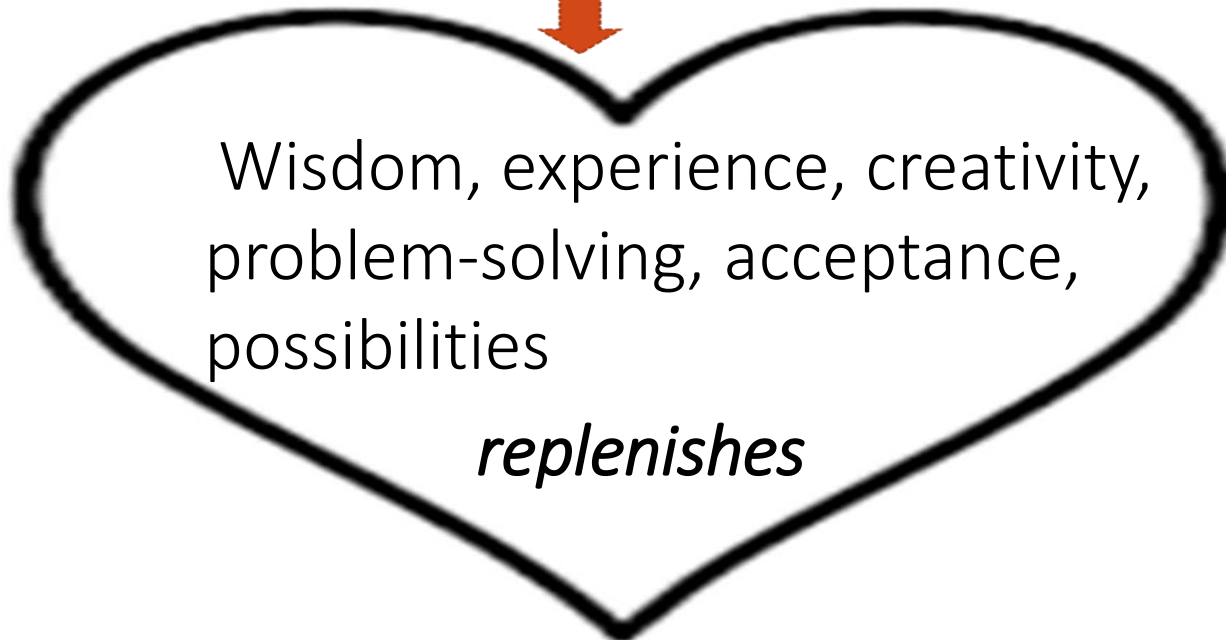
*Until one has loved an animal, a part of one's soul remains unawakened. - Anatole France*

# Compassion flows.

---

Empathy → Distress → Fight/Flight → Return to Calm

*Respond with*



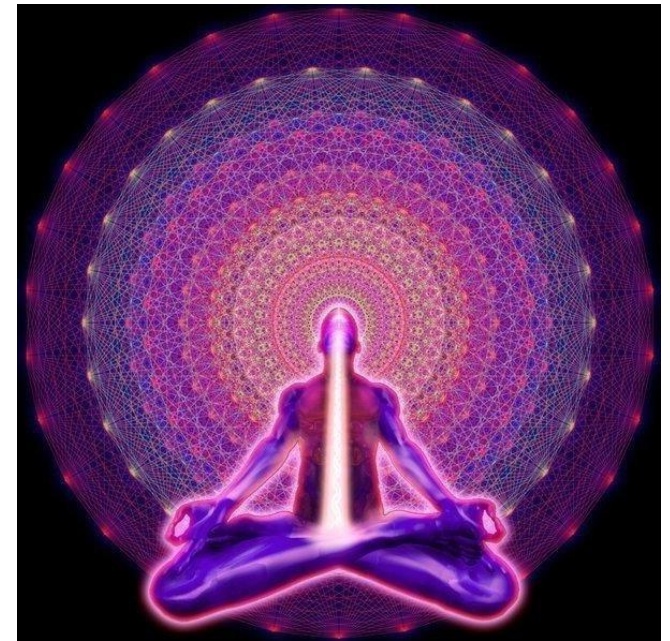


# The nature of compassion

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- ❖ doesn't fatigue, self-perpetuates
- ❖ awakened, not learned
- ❖ enhances well-being

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# The flow of compassion is blocked.

---

Empathy → Distress → Fight/Flight

*Reactions that*



contribute to mental &  
emotional fatigue, blame,  
burnout

*depletes*

# We fight for the animals

---

*to reduce suffering and save lives.*

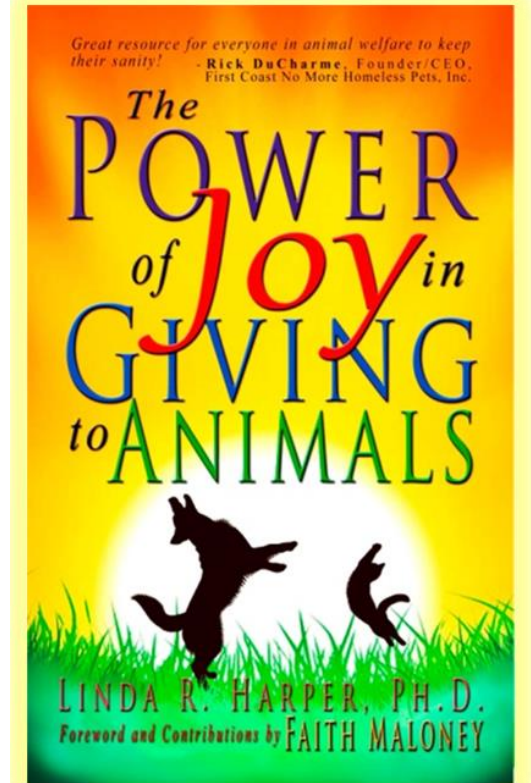


*Our hearts know no limits.*





BLESSED BONDS



My story

---

# Signs

<b>BODY</b>	<b>MIND</b>	<b>SOUL</b>
Constant tension	Crabby, hot-tempered	No pleasure
Head & stomach aches	Anxiety & fears	Looking for escapes
Trouble sleeping	Negativity & dread	Effects on family
Exhaustion	Crying, sadness, panic	Gambling, smoking
Hard to get going	Feeling ineffective	Drinking, addictions
Aches for no reason	Foggy & forgetful	Over & under-eating
More prone to illness	Making more mistakes	Feeling fragile
Takes longer to get well	More critical of others	General distrust

# Not just you & each other

---

Our families suffer.

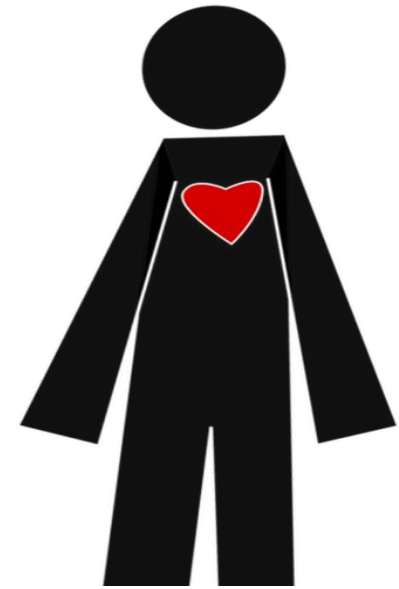
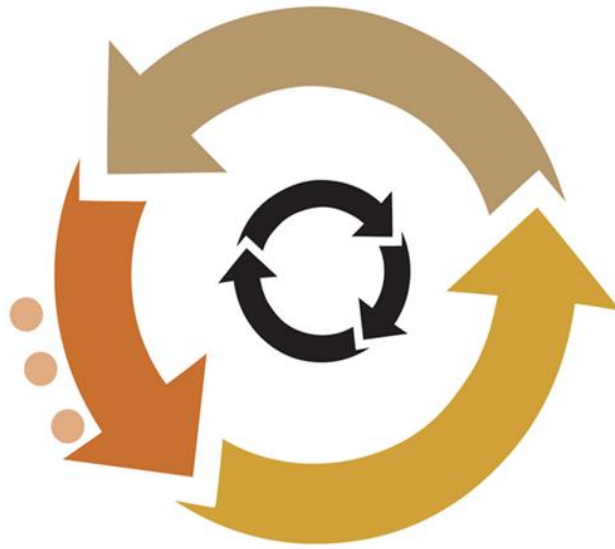
Animals feel our stress.

Adds to the overall suffering in the world, blocking compassion's flow.



It must flow where it needs to go.

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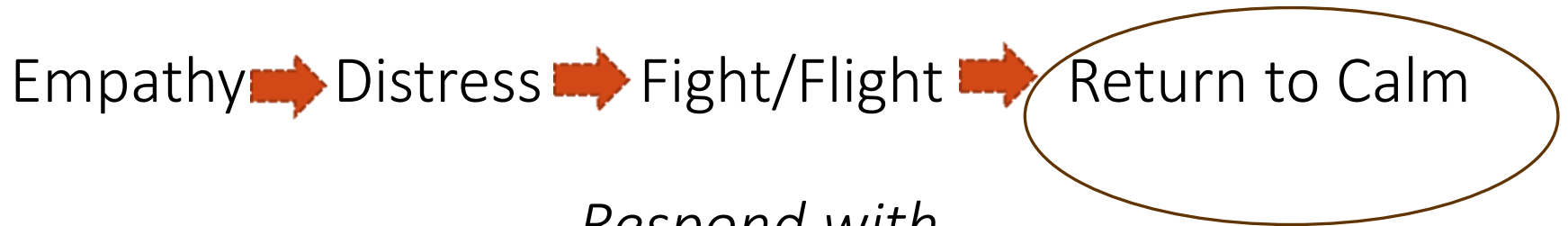


*“Compassionate toward yourself, you  
reconcile all beings in the world.”*

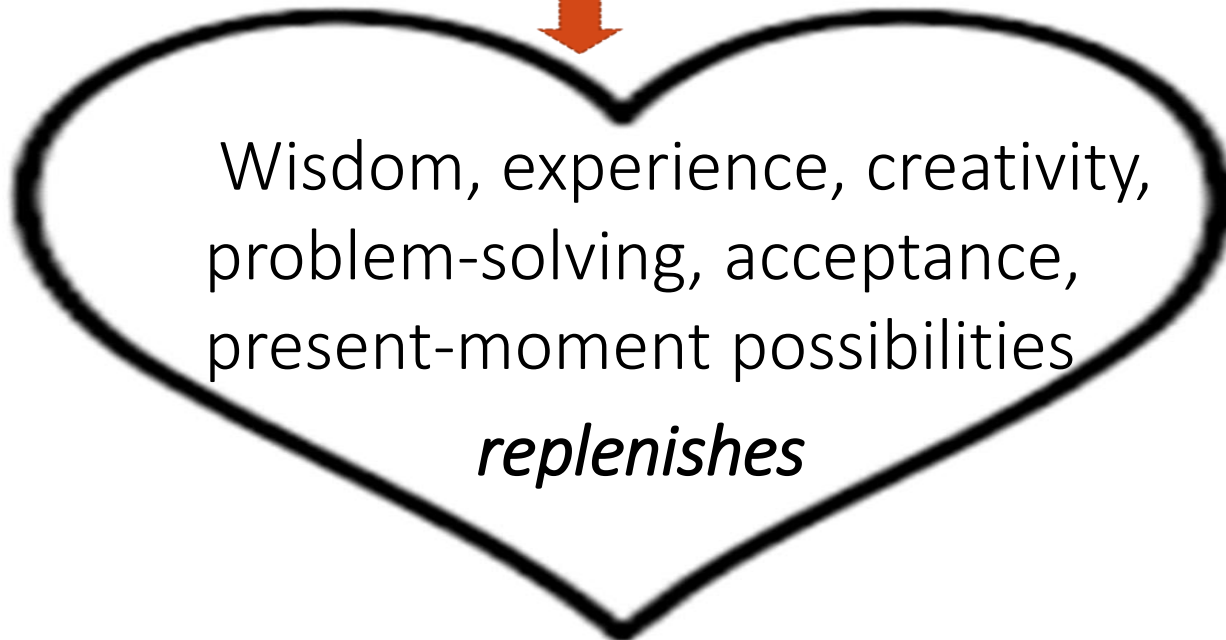
*Tao Te Ching*

# Compassion flows.

---



*Respond with*



*Tool for the Compassionate Heart*

# A Three - Step Guide to Stay in the Flow

---

**STEP BACK**

**HONOR FEELINGS**

**REFRAME STORY**



STEP BACK



Stop, pause and breathe.

# STEP BACK

From racing ahead or looking behind.

---



*You did not  
create the  
problem, but  
are here to  
help.*

Embrace ***this*** moment that your paths intersect.

# STEP BACK

into right now with all its possibilities.

---

*So that you can  
put your whole  
body, mind &  
spirit into what  
is right now.*





## Quick Self Refreshers

---

Sit with an animal.

Pop a peppermint.

Play a song or video.

Step out by a tree.





## Quick Team Refreshers

---

Give an affirmation.

Share a smile.

Share a song or video.

Note a team effort.

STEP BACK

into the greater picture.

---



*Others have come before, are here along side of you, and will come after you. You are part of something BIG.*



STEP BACK

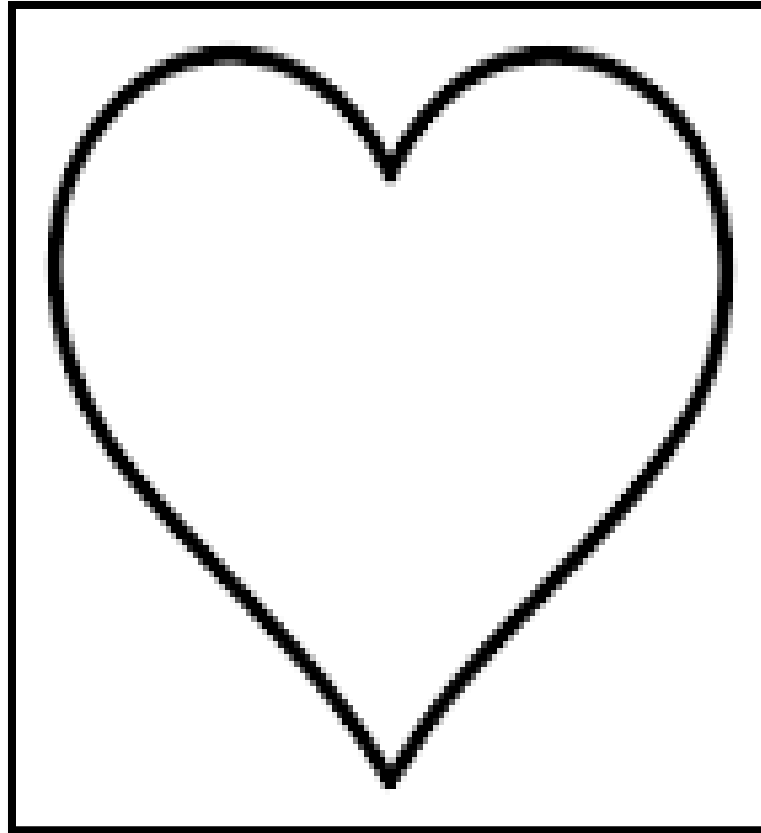


Is more than just a moment needed for you?



# *Reflections*

# Honor Feelings



# Understand them.

---



Feelings reflect what  
matters to you

Accept them all.

---

SADNESS

HURT

FEAR

IRRITATION

FRUSTRATION

HOPELESSNESS

UNCERTAINTY

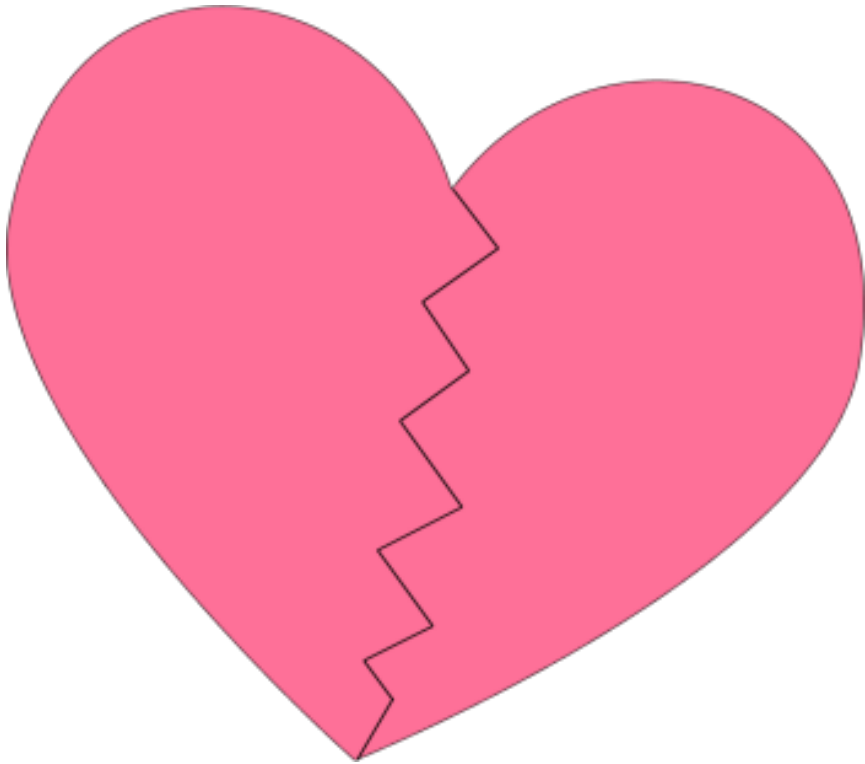
ANGER

CONFUSION

ANXIETY

OVERWHELM

VULNERABILITY



## The feelings of loss

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can be intense

disbelief, anxiety and panic

guilt and anger

foggy brain

sad and lost

comes in waves



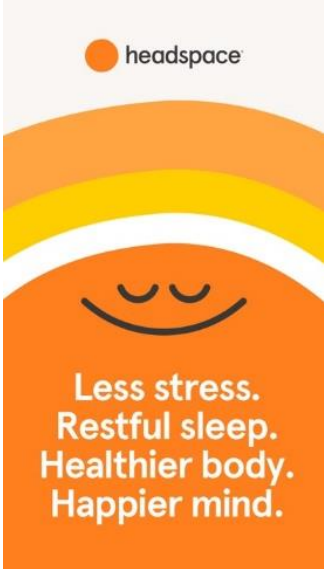


## Cumulative grief

---

- Every life is precious
- personal & team
- those you cannot help
- crisis and trauma
- idealism and innocence

# What is *your* unique care and comfort?



# Include self-compassion in your response

---

*A quality “no” may be the best response. Ask:*

*How will this affect me & the team?*

*Can I educate and empower?*

*Do conditions and timing allow?*





# What else do you need?

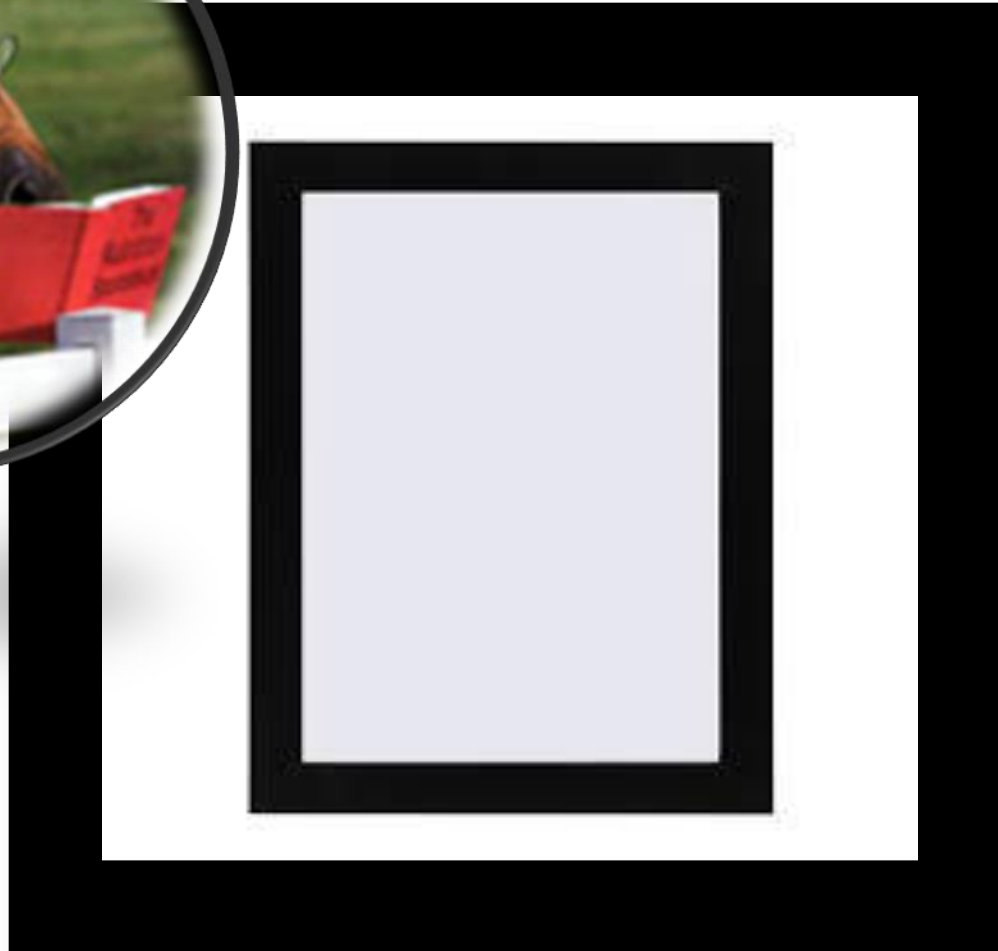
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# *Reflections*

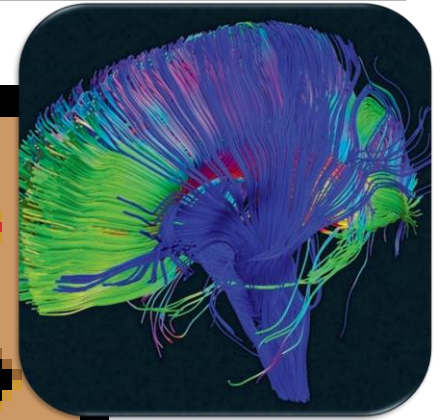
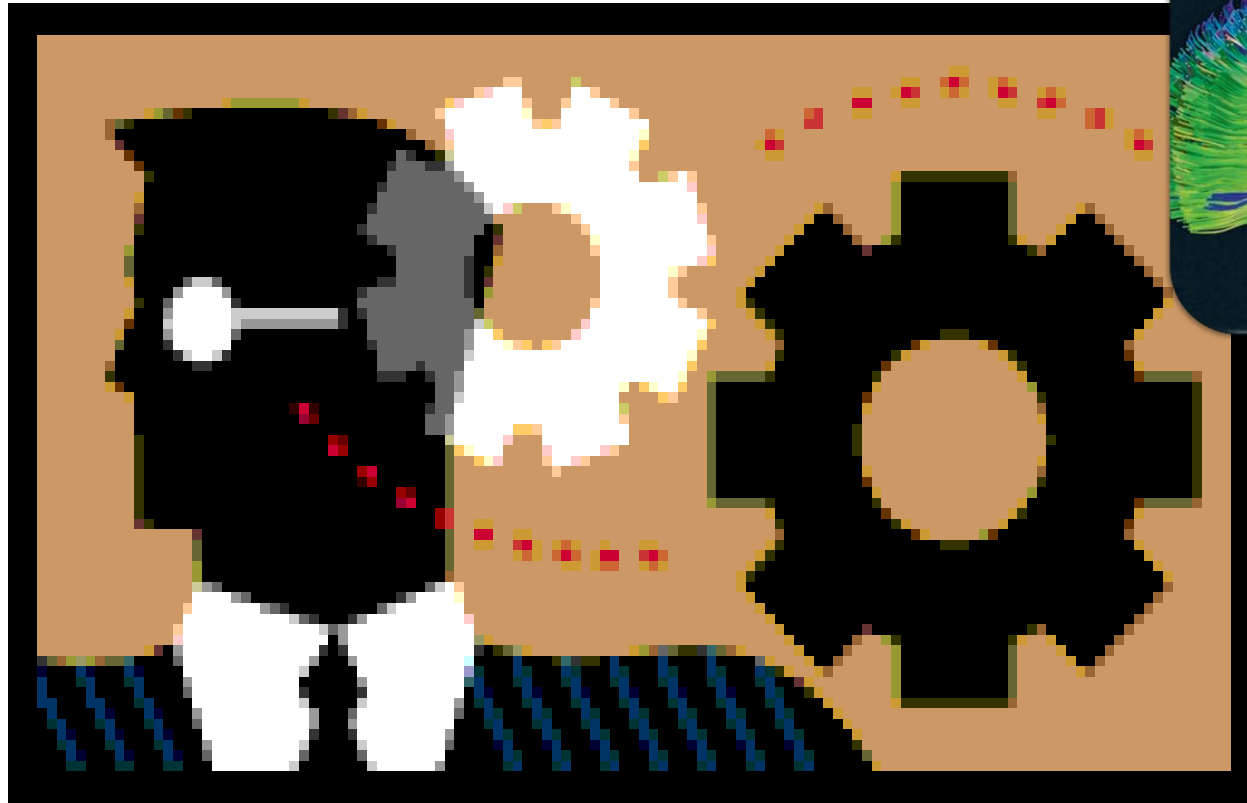
# REFRAME STORY





Thoughts make up our stories.

---



# Self-arising thoughts flood in.

---

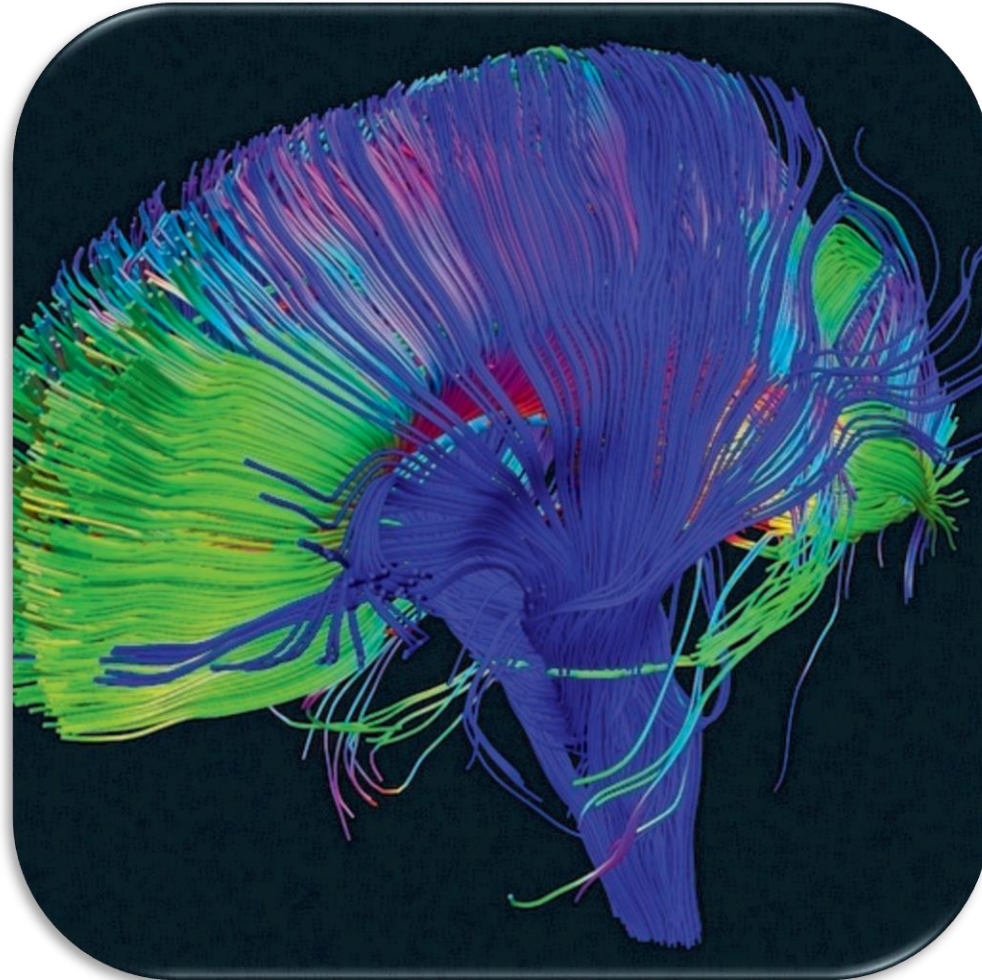
I didn't do enough.  
It's all their fault..  
People are awful.  
There's no time for  
self-care.



Just because you think it, doesn't mean it's true.

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# Rewiring neuropathways



# Reframing\*

---

...is not ignoring, denying or distorting what happened,

but choosing to focus on the compassion in each story.



*\*The practice of proactive, “help-yourself” healing*

Hold opposing emotions.



**at the same time**

Yes and....

# Honor feelings. Choose thoughts.

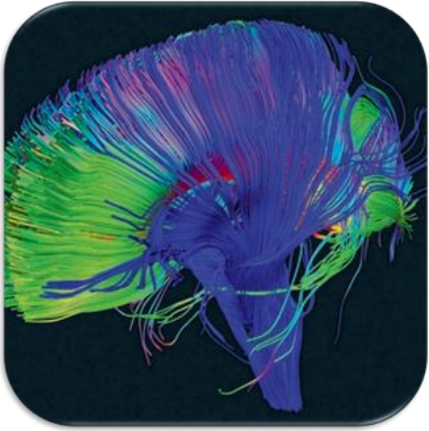
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*My heart hurts. I'm sad. This feels unfair. I'm upset.*

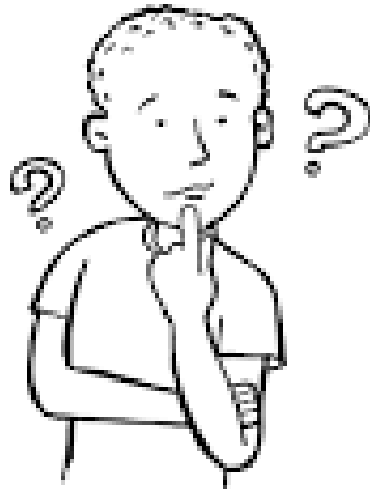
**AND**

*We reduced suffering. We gave love and comfort. I am sharing my gifts.*





**We do the best we  
can at the time  
with love**



Choose  
compassion-  
based thoughts.

---





We can choose  
to gently let go  
of..

---

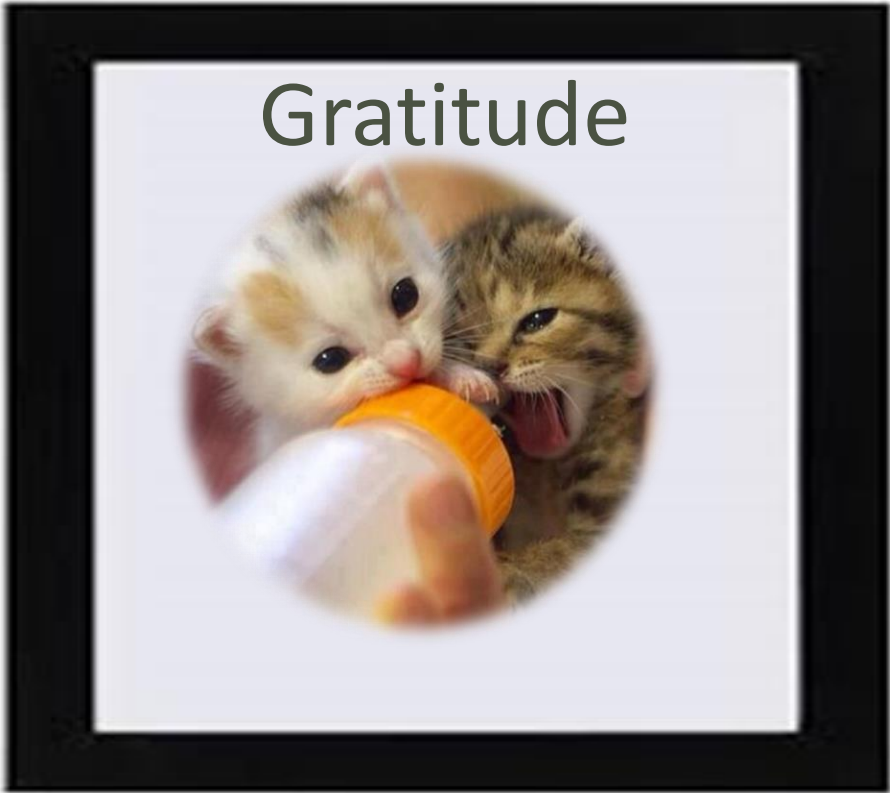
regret

judgment

assumptions & old  
beliefs

painful images

# On every path - here and now



*What's your story?*



Gratitude



Gifts

Growth

Each story moves compassion forward.

---



# Compassion's joy is

---

not free of sadness or stress but

the underlying contentment in  
knowing that you are sharing your  
unique gifts

**In that moment.**





*Compassionate toward yourself, you reconcile all  
beings in the world.*

Tao Te Ching