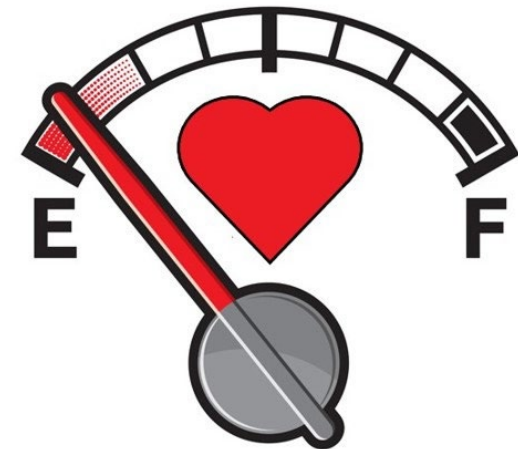

Compassion Fatigue Awareness & Compassion Satisfaction



What is Compassion Fatigue?

- A specific type of workplace stress
- Condition of caregivers, characterized by physical and emotional exhaustion and changes in empathy, stemming from exposure to emotionally challenging and stressful situations
- Common in animal research
 - > Want to help both humans and animals
 - > Care deeply about animals and form strong bonds
 - > Social stigma of animal research



How can we increase satisfaction?

- There are tons of resources and ideas out there!
 - > Social support
 - Work boundaries
 - Peer discussion
 - Engagement activities
 - > Embracing the human-animal bond and animal contributions
 - Memorials
 - Protected interaction time
 - Naming Animals
 - > Promoting self-care
 - A quiet place at work
 - Seminars and continuing education
 - Mindfulness
 - Volunteering opportunities
 - > Enrichment and welfare
 - Education and advocating on 3Rs
 - Continuing education
 - Welfare assessment programs
 - > Open dialogue
 - Ways to express concerns
 - BRAD
 - Training on how to talk about research

**What will work best for our people
and our program?**

Want to join a committee?

- Looking for 5-10 members to support Compassion Awareness & Satisfaction initiatives at RTP
- Meet 1 hour/ month for a few months to get started
 - > Then 1 hour/quarter
- Brainstorm ideas
 - > Implement
 - > Assess efficacy

