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We Get Tired, Too



2025



WE GET TIRED, TOO!!

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DISCLAIMER

This presentation contains frequent and unapologetic use of the word “fuck.” Not in anger, but in radical self-care, honest reflection, and occasional comedic flair. It’s not meant to offend—it’s meant to wake you up, shake off the guilt, and spark clarity. If this language ruffles your feathers... you probably need this presentation more than anyone. Think of it as a fiery wake-up call wrapped in spicy vocabulary.

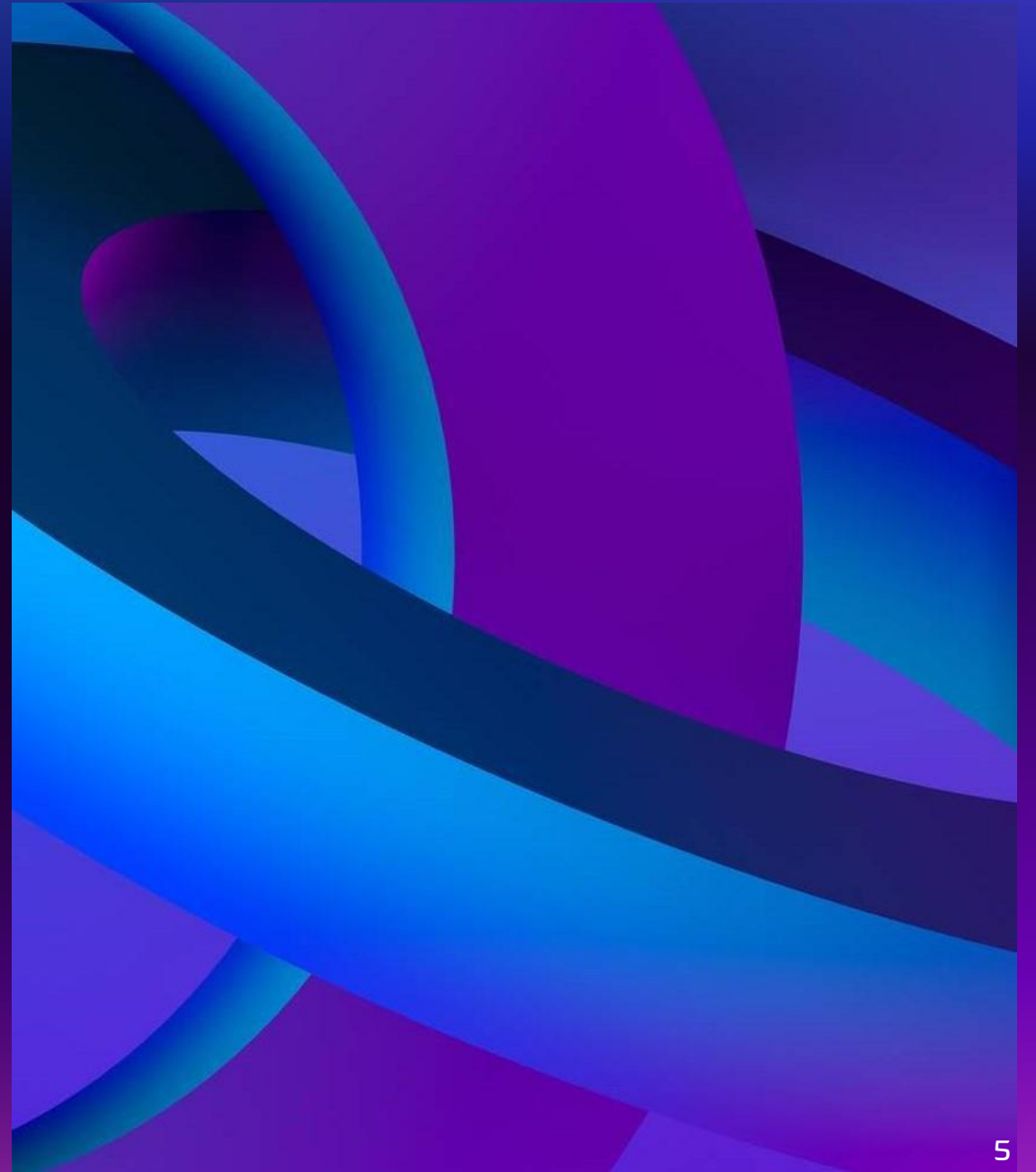
OBJECTIVES

#1 - LEARN THE
IMPORTANCE OF
SELF CARE AND
DISCUSS
DIFFERENT WAYS
TO EASILY
EXECUTE SELF-
CARE ON AND
OFF THE CLOCK.

#2 - LEARN
WHAT SECONDARY
TRAUMA IS AND
HOW TO COMBAT
THE EFFECTS OF
IT.


#3 - DISCUSS WAYS
TO BUILD A
NETWORK OF
PERSONAL AND
PROFESSIONAL
SUPPORT.

ANYONE UNDER STRESS?



LET'S TALK ABOUT BURNOUT

- Burnout is a state of physical, emotional, and mental exhaustion caused by prolonged stress and overwork. It often occurs when individuals feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, they begin to lose interest and motivation in their work, leading to a decrease in productivity and a sense of helplessness.

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- **Prolonged Stress**
 - **Overwork**
 - **Lack of Control**
 - **Insufficient Rewards**
 - **Poor Work-Life Balance**
 - **Lack of Support**

SYMPTOMS OF BURNOUT

- Emotional Exhaustion
- Depersonalization
- Reduced Personal Accomplishment
- Physical Symptoms
- Increased Absenteeism
- Decreased Quality of Care

SECONDARY TRAUMA

Secondary trauma, also known as vicarious trauma, occurs when an individual is indirectly exposed to traumatic events through their work or relationships with those who have experienced trauma.

The symptoms of secondary trauma can mirror those of direct trauma and may include:

Emotional exhaustion

Anxiety and depression

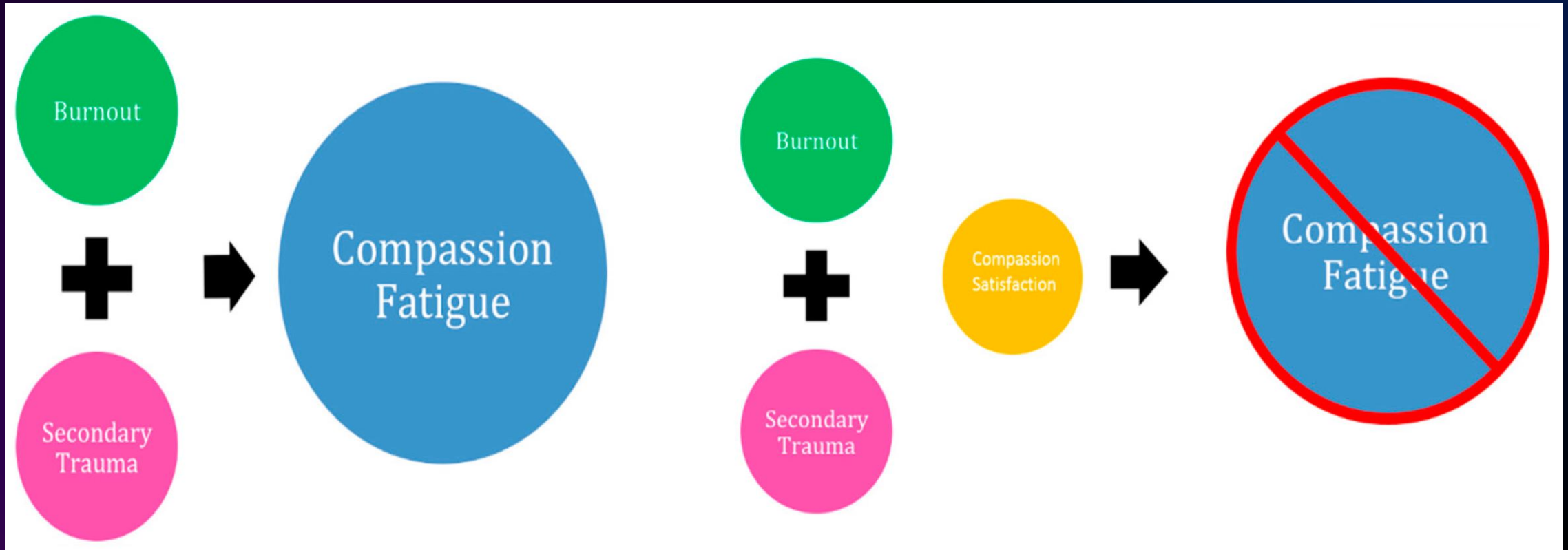
Intrusive thoughts or images related to the trauma

Difficulty sleeping

Feelings of helplessness or hopelessness

Hypervigilance

COMPASSION FATIGUE



- The most commonly used definition of CF was developed by Figley and describes the concept as “a state of exhaustion and dysfunction biologically, psychologically, and socially as a result of prolonged exposure to compassion stress and all it invokes”
- CF is most commonly measured using the validated Professional Quality of Life (ProQoL) scale

Professional Quality of Life Measure (ProQOL 5.0)

COMPASSION SATISFACTION

Compassion satisfaction is about the pleasure you derive from being able to do your work well. For example, you may feel like it is a pleasure to help others through your work. You may feel positively about your colleagues or your ability to contribute to the work setting or even the greater good of society. Higher scores on this scale represent a greater satisfaction related to your ability to be an effective caregiver in your job.

Your **Compassion Satisfaction** score is **46**

In comparison with a broad range of helpers from different disciplines and in different contexts, you score falls within the **High Range for Compassion Satisfaction**.

BURNOUT

Burnout is associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively. These negative feelings usually have a gradual onset. They can reflect the feeling that your efforts make no difference, or they can be associated with a very high workload or a non-supportive work environment. Higher scores on this scale mean that you are at higher risk for burnout.

Your **Burnout** score is **29**

In comparison with a broad range of helpers from different disciplines and in different contexts, you score falls within the **Medium Range for Burnout**.

SECONDARY TRAUMATIC STRESS

Secondary Traumatic Stress is associated with you work related, secondary exposure to extremely or traumatically stressful events. Developing problems due to exposure to other's trauma is somewhat rare but does happen to many people who care for those who have experienced extremely or traumatically stressful events. For example, you may repeatedly hear stories about the traumatic things that happen to other people. If your work puts you directly in the path of danger, for example, field work in a war or area of civil violence, this is not secondary exposure; your exposure is primary. However, if you are exposed to others' traumatic events as a result of your work, for example, as a therapist or an emergency worker, this is secondary exposure. The symptoms of STS are usually rapid in onset and associated with a particular event. They may include being afraid, having difficulty sleeping, having images of the upsetting event pop into your mind, or avoiding things that remind you of the event.

Your **Secondary Traumatic Stress** score is **34**

In comparison with a broad range of helpers from different disciplines and in different contexts, you score falls within the **Medium Range for Secondary Traumatic Stress**.

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- **Stress isn't the enemy**
- **Beliefs matter**
- **Reframing stress helps**
- **Stress makes you social**



- Your body is helping you
- Mindset shift = health boost
- Helping others helps you
- Stress can fuel meaning

COMPASSION FATIGUE AWARENESS PROJECT

THE CAREGIVER'S BILL OF RIGHTS.

- ... to be respected for the work I choose to do.
- ... to take pride in my work and know that I am making a difference.
- ... to garner appreciation and validation for the care I give others.
- ... to receive adequate pay for my job as a professional caregiver.
- ... to discern my personal boundaries and have others respect my choices.
- ... to seek assistance from others, if and when it is necessary.
- ... to take time off to re-energize myself.
- ... to socialize, maintain my interests, and sustain a balanced lifestyle.
- ... to my own feelings, including negative emotions such as anger, sadness, and frustration.
- ... to express my thoughts and feelings to appropriate people at appropriate times.
- ... to convey hope to those in my care.
- ... to believe those in my care will prosper in mind, body and spirit as a result of my caregiving.

WHERE ARE YOU LACKING IN YOUR JOB?



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SELF CARE



WARNING

Is your Bucket List overflowing?

**It's time to turn it
into a “Fuck It”
list.**



Your “fucks” = you time, energy, and money

Your “fucks” are finite—treat them like currency- Fuck Bucks

You have a limited number of fucks to give

Create a “fuck budget”

Stop giving a fuck about things that don’t matter to you

Not giving a f*ck doesn’t mean apathy



Manson, M. (2016). *The subtle art of not giving a f*ck: A counterintuitive approach to living a good life*. HarperOne.

Knight, S. (2017, March 17). The magic of not giving a f*** [Video]. TEDxCoconutGrove. https://www.youtube.com/live/GwRzjFQa_Og

Mental decluttering is just as powerful as physical decluttering

Pain is inevitable—choose your struggle

Say “no” without guilt

Be honest, not rude

Fewer fucks given = Freedom



THANK YOU

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