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Compassion Fatigue  
Reducing the stress and impact for educators

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Resources and reflection

Name something that has worked to restore you in the past

One thing that brings you joy

How can you put more passion and inspiration into your work?

Who can you talk to when things get stressful?

What steps can you take to improve your self care?

Resources-  
Trauma Stewardship  
<http://traumastewardship.com/>

Compassion Fatigue Awareness Project  
<http://www.compassionfatigue.org/>

Self Care Wheel  
<http://www.olgaphoenix.com/wp-content/uploads/2015/05/Self-Care-Wheel-English.jpg>

Five Directions of Self Care  
<http://dcf.vermont.gov/sites/dcf/files/OEO/Docs/TSl.pdf>