



Coping with Compassion Fatigue

A WORKSHOP FOR CAREGIVERS

SATURDAY, APRIL 14, 2018

COST: \$65

8:30 A.M. TO 4:30 P.M.

Compassion fatigue is a form of care-giver burnout, manifesting in deep physical, emotional and spiritual exhaustion. Those who have experienced compassion fatigue describe it as being sucked into a vortex that slowly pulls them down, eroding empathy, compassion and connection for and to others – and one's best self.



“There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”

(Rosalynn Carter, former First Lady)

In this workshop we will explore: the causes, signs and symptoms of compassion fatigue; how to develop a self-care action plan; and strategies and tools for coping and continuous renewal.

ELIZABETH LEWIS
is a certified stress management, meditation and mindfulness-based stress reduction teacher.



*This retreat day will begin with check-in and continental breakfast from 8:30-9 a.m.
Your stay will include a delicious noon meal and thoughtful presentations.
The day will conclude by 4:30 p.m.*

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ST. ANTHONY
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