



## Unlocking Compassion Satisfaction

THE EAT PRAY LOVE TOUR – STRATEGIES TO FIND JOY

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### Program Description

This program approaches the healthcare burnout pandemic with a joyful twist. Infused with a revitalizing spirit of fun and adventure, this interactive program helps participants reclaim Joy. Framing the experience with coaching strategies, participants acknowledge their personal power; and sense greater ownership and control over their well-being and happiness. Effective strategies that address stress and support self-care are modeled with the intent to be shared with both peers and clients.

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### Program Objectives

By the end of this learning activity, the participant will be able to:

1. Understand the role of compassion satisfaction in unlocking professional drive
2. Employ one intervention to increase and sustain compassion satisfaction
3. Identify one coaching strategy to use to enhance a client's capacity to change and address their own needs

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### Continuing Education Credits

Samaritan is providing 1 hour of continuing education for NJ Social Workers and Nurses.

**How to obtain CEUs:**

- Must register through Eventbrite
- Confirm attendance with an online presence
- Sign the attestation statement
- Complete Program Evaluation
- Print Certificate
- Complete by March 15<sup>th</sup>
- **Thursday**, participants will receive an email from RELIAS Learning with further instructions
- Questions: [Institute@samaritanni.org](mailto:Institute@samaritanni.org)




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### Resources and Questions

- Passport & Deliberate Joy
- Samaritan Resource Page
  - <https://samaritanni.org/unlocking-compassion-satisfaction-the-eat-pray-love-tour/>
  - Coaching Techniques & Tools
  - References
- Please mute yourself during the presentation
- Post questions in the Q&A box
- **This session is being recorded**

Chat
Raise Hand
Q&A




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### Disclosure: “Eat, Pray, Love”

This program was inspired by the work of Elizabeth Gilbert, author of “Eat, Pray, Love: One Woman’s Search for Everything Across Italy, India and Indonesia.” Elements of the presentation directly from Gilbert’s book have been properly cited. The presenters have not been incentivized or commercially supported, nor are they intentionally promoting Gilbert’s work.




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**Welcome to the Journey**

-  Eat
-  Pray
-  Love
-  Hacks
-  Coaches
-  Passport

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**Compassion Satisfaction**

- Pleasure and satisfying feeling that comes from helping others
- Antidote to Compassion Fatigue



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**Spark Joy**  
~  
**Deliberate Joy**

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### Why Joy?

- Tackling burnout is necessary
- But it is not sufficient
- The goal is to create joy
- But it's a tough path
- It's a journey



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### The Shit Sandwich

“ What shit sandwich do you want to eat? Because eventually, we all get served one.”

— MARK MANSON

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Wave a magic wand and let these responsibilities disappear (*even if just for a little while*) so, we may work on ourselves

- JOY is not denying the challenges
- Many are working on burnout in the context of health care
- Creating Workforce Joy and Well-Being (March 8, 2023)
- National Plan for Health Workforce Well-Being (2022).
- Building a Thriving Health Workforce (2022)

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### The Stress Bucket

**Stress**

**Self-Care Behaviors Release Stress**

**HACKS - Entry points to reduce stress by building Joy**

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### Release Valves

Nurture	The emotional self	The financial self	The humorous self
The loving self	The nutritious self	The physical self	The playful self
The recreation self	The relaxation/stress reduction self	The solitary self	The spiritual or religious self

Skovholt & Trotter-Mathison, 2016

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### HACK # 1: JOY Hormones

- Check lists
- Affirmations/Gratitude
- Be Social/handshakes/Hugs
- Aromatherapy
- Music
- Gifting/Charity
- Laugh
- Light
- Exercise
- Meditation

SIBID Network Journal  
Volume 11, Issue 4, October 2018, Pages 83-92  
© 2018 Sarnwal/SIBID Network, Article Reuse Guidelines  
<https://doi.org/10.1177/2041454118804139>

**SAGE**  
**journals**

*Article - Managing Emotion Through Neuroscience*

**Happy Hormones at Work: Applying the Learnings from Neuroscience to Improve and Sustain Workplace Happiness**

Sambit Kumar Ghosh<sup>1,2</sup>

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### Hack #2: The Labyrinth

- A meandering singular path leading to a center
- ancient archetype dating back 4,000 years
- Labyrinths evoke metaphor, sacred geometry & mindfulness

15th Annual World Labyrinth Day: Saturday, May 6, 2023

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## Self Audit/Assessment

"What are you willing to risk or change in order to find a sense of freedom, joy, & reanimation?"\*

- Who am I?
- Who does my life belong to?
- What is my relationship to divinity?
- What have I come here to do?
- Do I have the right to change my own path?
- With whom do I want to share my path-if, anyone?
- Do I have the right to experience pleasure and peace?
- If so, what would bring me pleasure and peace?

\* Gilbert, 2016, p. xxi

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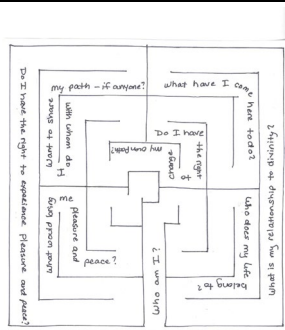
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## Coaching Technique

- SELF-coaching
- Powerful open-ended questions
- Listen for Insight
- How will you know where to go if you don't know where you are?



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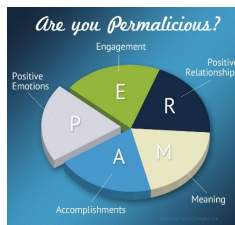
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## Are you PERMALicious?

- Pleasant Emotions
- Engagement
- Relationships
- Meaning
- Achievement
- OTHER: Behavior/Health: nutrition, sleep, hydration, exercise



<https://gostrengths.com/whatisperma/>

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**Cultural Shift**

- Permission to live
- Beyond happy & sad
- Life is an "AND"
- Deliberate Choice
- Choose JOY

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**Step One: Pick Your Destination**

**STEP ONE: PICK YOUR DESTINATION**

- What are you curious about?  
\_\_\_\_\_
- What part of your life would you like to expand and explore?  
\_\_\_\_\_
- Where do you feel most alive?  
\_\_\_\_\_

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**Step Two: Create your Itinerary**

**STEP TWO: CREATE THE ITINERARY**

- How will you get to your destination?  
\_\_\_\_\_
- How long will you stay?  
\_\_\_\_\_
- What will you do when you get there?  
\_\_\_\_\_

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### Step Three: Travel

- Block time off on your calendar
- Buy your tickets and pack your bags
- How will you be accountable to yourself?

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### Vow to Self

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### Traveler's Insurance



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### Evaluation

- Are you the same?
- Do you have the same issues?
- How are you currently interacting with your problem?



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### Case Studies

INSIDE THE LIFE OF ELIZABETH GILBERT AND JERSEY GIRL

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### Gilbert

- A distraught protagonist who redesigns her life by exploring three aspects of herself, pleasure, devotion, and balance, in three magical places: Italy, India, and Bali



**THIS IS YOU**

Name: Elizabeth Gilbert

Nickname (or preferred name): Liz

Favorite part of your job? Traveling

Based on your state of mind, how old are you? Thirty-four

What color do you love to wear? Yellow & Orange

What is "your word"? antevasin

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Curiosity?  
Expansion?  
Most Alive?

### Step One

- Freedom
- Devotion
- Presence

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### Hack #3 The Open Road

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### Hack #4 Home Grown Devotion

- What we explore initially is not necessarily what we discover or find ourselves walking towards

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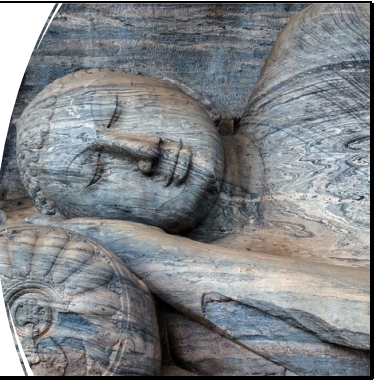
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**HACK #5**  
**"Om Namah Shivaya"**

- *na, mah, shi, vaa, y*
- I honor the divinity within me
- *Nectar for the Soul*
- A HACK for getting better sleep



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**Hack #6**  
**For everything there is a season**

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**Evaluation**

- Excited about what may happen next
- Connected with a couple who will be our travel partners
- Enhanced relationships
- Better Sleep
- Anticipating a great harvest

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Do not be dismayed by the brokenness of the world.  
 All things break.  
 And all things can be mended.  
 Not with time, as they say, but with intention.  
 So, go.  
 Love intentionally, extravagantly, unconditionally.  
 The broken world waits ... for the light that is you.  
 ~ L.R. Knost

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## Your Adventure Awaits

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## Resources

- Alkema, K., Linton, J. M., & Davies, R. (2008). A Study of the Relationship Between Self-Care, Compassion Satisfaction, Compassion Fatigue, and Burnout Among Hospice Professionals. *Journal of Social Work in End-of-Life & Palliative Care*, 4(2), 101–119.
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- Perlo J, Balik B, Swensen S, Kabcenell A, Landsman J, Feeley D. *IHI Framework for Improving Joy in Work*. IHI White Paper. Cambridge, Massachusetts: Institute for Healthcare Improvement; 2017.
- Skovholt, T. M., & Trotter-Mathison, M. (2016). *The resilient practitioner : burnout and compassion fatigue prevention and self-care strategies for the helping professions* (Third edition.). Routledge, Taylor & Francis Group.

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