

Stop Being Invincible!

A Sensible Approach to Self-care during Crisis

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INVINCIBLE

- Meaning: Impossible to defeat or prevent from doing what is intended.
- Root: The word derives, via Middle French, from Late Latin invincibilis—a combination of the negative prefix in- with vincibilis, an adjective meaning "conquerable," from the Latin verb vincere, "to conquer."
- Unconquerable...



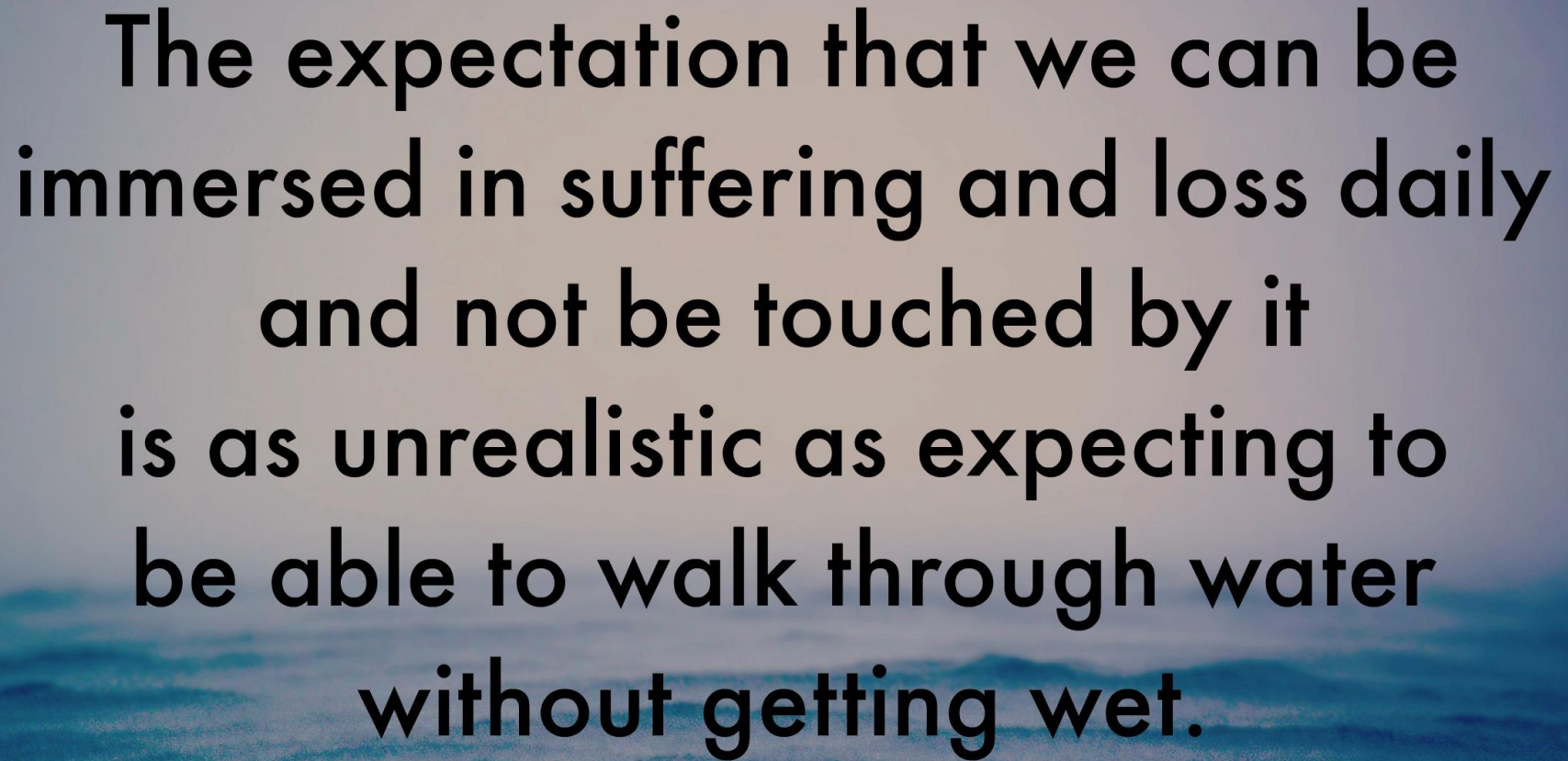
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What to do
when the
crematorium
burns down?

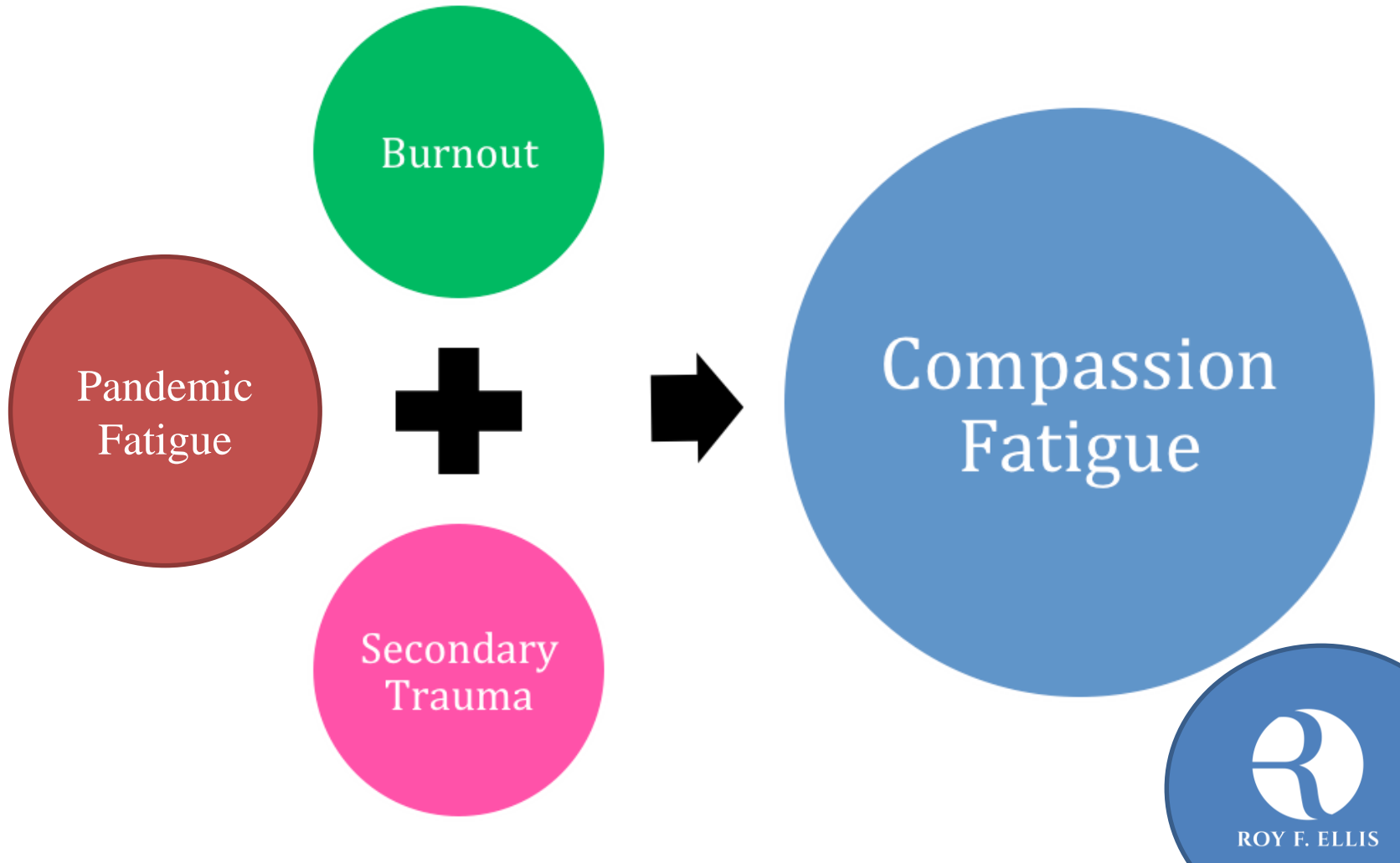


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The expectation that we can be
immersed in suffering and loss daily
and not be touched by it
is as unrealistic as expecting to
be able to walk through water
without getting wet.

- Naomi Rachel Remen



Symptoms of Compassion Fatigue

Physical

- Exhaustion
- Chronic fatigue
- Headaches, back pain
- GI problems
- Sleep disturbance
- Muscular tension
- Vulnerability to illness
- Lingering illnesses
- Restlessness

Behavioral

- Irritability
- Anger & resentment
- Alienation
- Relationship difficulties
- Rigid thinking
- Depersonalization
- Self-righteousness
- Addictions

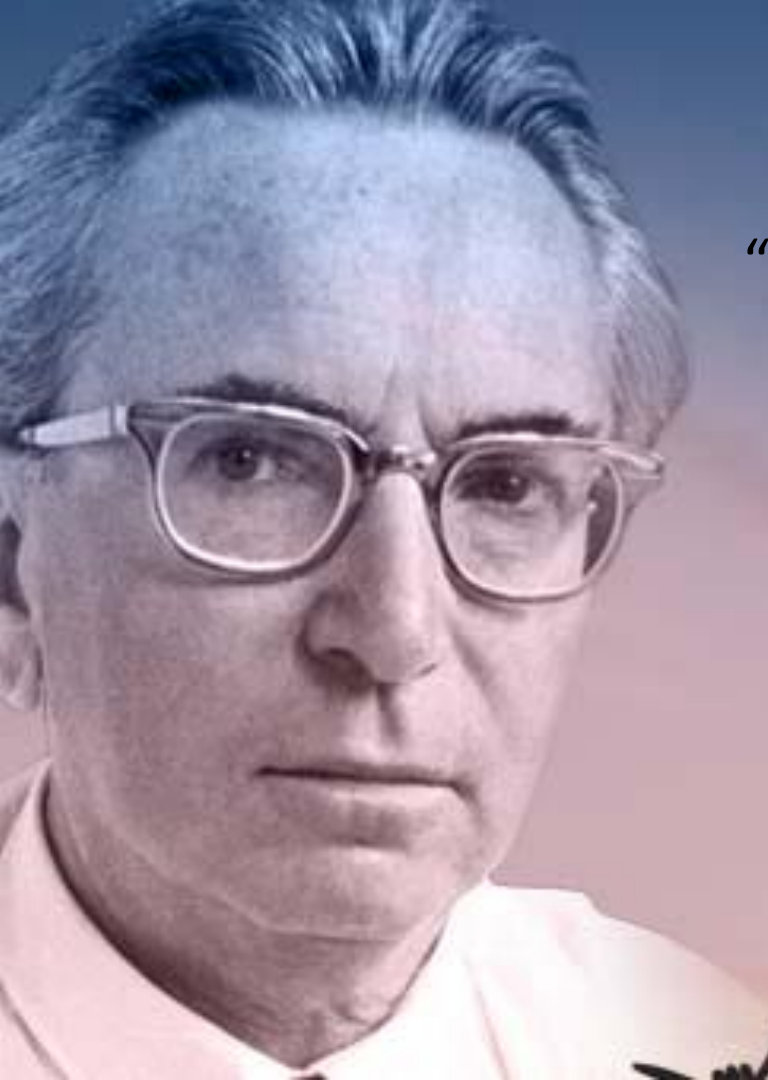
Affective

- Grief
- Emotional numbness
- Hypersensitivity
- Cynicism
- Apathy
- Helplessness
- Over-identification
- Reduced personal accomplishment
- Depression

Additional Symptoms

- Inability to tolerate strong feelings
- Problems with intimacy
- Intrusive imagery/nightmares
- Heightened anxiety
- Failure to nurture non-work related aspects of life
- Difficulty separating personal and professional lives

Sources: Saakvitne, Figley, Gentry, Baranowsky & Dunning (1997)



“That which is to give light
must endure burning”

- Victor Frankl



The Heroic



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- THE FIREMAN
 - To courage to leap into the flames and trauma of life heedless of the damage being inflicted upon body and soul.
- THE SHAMAN
 - The courage to turn and face our inner pain, recognize our limitations and take care of our wounds.



We have infinite love and finite energies!



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We break
where we
are weak...
No wound
just appears
out of
nowhere...



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We break at the
site of archaic
injuries where
our roots have
been harmed...



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Many of us spend our whole lives running from feelings with the mistaken belief that you cannot bear the pain. But you have already born the pain. What you have not done is feel all you are, beyond that pain.

Kahlil Gibran

Once healed, our
vulnerable and broken
places become the
shelter for those who
need refuge and
safety from the
storms of life.





As we heal, our wounds
and scars take on a beauty
we cannot at first
appreciate.



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New life and
growth occurs
exactly where we
have healed.



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If we think
creatively, our
wounded places
can become
places of beauty
and goodness.



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Turning Toward the Wound

- Slowing down enough to actually feel where we are hurting
- Becoming aware of the body as the messenger of suffering
- Accepting that we cannot hold every experience in strength
- Recognizing that we cannot experience suffering alone
- Being humble enough to listen to what our body and soul are telling us about what has happened to us
- Making self-care decision that honour our finite energies
- Making other-care decisions that don't exploit our infinite love
- Seek a meaning in our suffering that, not a end to it.



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Everything you love
will probably be lost,
but in the end, love
will return in another
way.”

— Franz Kafka



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