

“Compassion Fatigue” Seminar
Saturday, February 5th
1:30-4:30PM at St. John’s

Register by February 3 at 715-834-9571 or stjohns@stjohns-ec.org

This free event is open to the public

“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28

These are unprecedented times for leaders in service professions. Of course the pandemic has been incredibly difficult for all people! Yet, leaders in service oriented professions often encounter the suffering, despair and anger of those they serve and that can lead to taking on the suffering of others. In the last year, I have seen incredible need for support for our nurses, doctors, teachers, professors, pastors, funeral providers, chaplains, and other leaders in public service and it’s actually not getting easier to navigate the challenges of the pandemic when in these vocations. I have also seen it in myself and my colleagues. This is why I have asked our own Jean Jirovec (MFT), and her colleague Danielle Ruff, (MA-LPC) Certified Clinical Trauma Professional specializing in complex trauma, to come to St. John’s to give a seminar on “Compassion Fatigue” for leaders on **Saturday, February 5th from 1:30-4:30 in our St. John’s sanctuary**. We have many leaders here at St. John’s in these professions but this seminar is intended also to be an outreach to the community at large, so that anyone who is weary may find the kindness of Christ within our walls.

But what is Compassion Fatigue? Compassion Fatigue is a condition characterized by emotional and physical exhaustion leading to a diminished ability to empathize or feel for others, often described as the negative cost of caring for them. Compassion Fatigue can occur due to a “cumulative” level of trauma. It can take weeks or years to build and is not the same as “burn out”, although the two are often related.

Symptoms of Compassion Fatigue

- Affects many dimensions of your well-being
- Nervous system arousal (Sleep disturbance)
- Emotional intensity increases
- Cognitive ability decreases
- Isolation and loss of morale
- Depression and PTSD
- Loss of self-worth
- Identity, worldview, and spirituality impacted
- Loss of hope and meaning
- Anger toward perpetrators

Those who live with this kind of fatigue in service to others have always had these concerns, even before the pandemic, but now more than ever do leaders need support to continue to navigate this, so that they may continue to care for others as they are called to do.

Dear friends in Christ, if you know of a teacher, nurse, or public leader in your life, who may be challenged by the daily work of caring for others or serving others, consider passing along this opportunity for them. It will be geared directly towards those who work in these types of fields. Because of Covid protocols, we may need to cap the number of attendees. And, if you know of a person in your life who is struggling in a caring vocation right now, please pray for them. It does make a difference!

Blessings to you,
Pastor Christine Emerson