



# Compassion Fatigue:

When You are Tired and Stressed from Helping

[Bring your own] Brown Bag Lunch + Learn Event

**Date:** Friday, April 5, 2019

**Time:** 12:00 - 1:00 pm

**Location:** O'Hara Student Center, Dining Room

All are welcome, no registration required

**Presented by:** Cynthia Grindel

LSW Account Manager, Life Solutions

Whether at home or at work:

- ♥ If you manage appointments, routines, or decisions for someone who isn't able to handle those things...
- ♥ If you feel like you are always on alert, watching out for someone else's well-being...
- ♥ If you know how it feels to lose patience with circumstances that matter to you, but never seem to improve...

You should know how to recognize and manage compassion fatigue.

Join us for a [bring your own] brown bag lunch and learn event to master techniques for handling compassion fatigue and take your first steps towards healing and self-care. This event is presented by Cynthia Grindel, LSW Account Manager for Life Solutions, the University's faculty and staff assistance program.