

CATALYST Veterinary Practice Consultants
Stressors, Relievers, Burnout & Compassion Fatigue, OH, MY!



Let's dive into Stressors and Relievers.

First identify the things you determine to be stressful. As an example, my daughter is 25 years of age. She recently graduated from college (5 year degree in Geology and Geography), then continued her career in massage therapy. This past summer she began working on the Army Base (her husband is in the Army) as a massage therapist. They bought their FIRST home a couple of months ago! Her grandfather passed away, not too long ago. She is heading home for Holidays. She may perceive these events as being stressful.

List 5 things you feel are stressful in your personal life

- 1
- 2
- 3
- 4
- 5

Identify 5 things you feel are stressful related to work.

- 1
- 2
- 3
- 4
- 5

EQUALLY important, identify 10 things you do to relieve your stress. Where do like to go for a vacation? As an example, my daughter enjoys kayaking, yoga, playing with her two dogs, dates with her husband, a pedicure, and receiving a massage (instead of giving it). She enjoys vacationing in Colorado with her brother and family. She went to Hawaii last year, for a week.

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|---|-----------|
| 1 | 7 |
| 2 | 8 |
| 3 | 9 |
| 4 | 10 |
| 5 | MORE..... |
| 6 | |