

RELATIONSHIP BUILDING (RESIDENTS & FAMILIES)

Building relationships is one of the most important things that staff can do to increase resident quality of life.

It is also the most effective way to reduce psychological fatigue among staff as well as incidents of violence and harassment. Building relationships is part of your job!

MENTAL HEALTH FOCUS: COMPASSION FATIGUE

The more you get to know about the people you work with (residents, families, coworkers) the more risk there is of their issues and hardships affecting your mental health.

DIRECTIONS

Mention that battling against compassion fatigue is a constant struggle in our industry. It is important to care for yourself in order to be able to give care to others.

Ask staff to sit in a comfortable position while you play [this video](#). (6 minutes)

Once complete, ask each member present to share something positive in their life. (see guiding questions for prompts)

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What is one thing in your life that you are thankful for?
- What is something that you have done recently, that you are proud of?

Notes to the Team Leader:

- Staff may be reluctant to share, you should go first to kick off the discussion portion.



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