Thanks for joining us for the second part of this meeting on mental health. Today we’re going to explore a few of the strategies and resources to deal with these issues.

10-MINUTE ACTIVITY:
The 5 Cs of compassion fatigue
Let’s start by recognizing an important fact: If you are currently suffering from compassion fatigue, you will need to make some long-term changes. But to get through today, you can try the tips found in this article. Either pull up “Navigating the 5 Cs of compassion fatigue” on your monitor, or print out a copy for yourself: dvm360.com/compassionfatiguehelp. Then pass out the handout “The 5 Cs of compassion fatigue.”

Let’s use this form to jot down ideas as we review the 5 Cs of navigating compassion fatigue. Briefly read through the article and pause after each “C” for your team to do the activities described below.

1 Calm down: Jot down a quiet place you could use to relax. Maybe it’s a closet. Maybe it’s your car. Whatever it is, write it down. Allow a minute for team members to write their solutions.

2 Collect your thoughts: Write one thing you are thankful for and one overwhelming thing on your to-do list you could ask a coworker to help get done. Allow a minute for team members to write their solutions.

3 Communicate: If applicable, write the name of a coworker you need to talk to about something that’s bothering you, and don’t confuse gossip with communication. Allow a minute for team members to write their solutions.

4 Control boundaries: Jot down how you could respond to a client who wants you to look at her dog’s non-emergency issue at closing time. Allow a minute for team members to write their solutions.

5 Consider your needs: Write one way you can reorder your schedule or routine that puts your needs first. Allow a minute for team members to write their solutions.

I hope this activity has helped you identify a few strategies to help you today as you seek other, long-term solutions.
Mental Health Matters
PART 2: SCRIPT continued

2-MINUTE ACTIVITY: Mindfulness apps
We’re going to watch the video “Stressed? Chill out with these apps.” Before we do, remember the first “C” in the previous activity—Calm down. You can use these apps when you’re trying to relax in your quiet places. [Play video: dvm360.com/chillapps]

1-MINUTE ACTIVITY: How to help a depressed colleague
Before we watch the video “How can I help if I think a veterinary colleague is depressed?” remember that the tips you’re about to hear don’t just apply to depressed colleagues—they are great options if you think your coworkers are burned out or suffering from compassion fatigue too. [Play video: dvm360.com/depressionhelp]

1-MINUTE ACTIVITY: Thank your team
Thank you for being willing to delve into a serious and important topic. Remember that this meeting should not be seen as a means of diagnosing and treating mental health issues. Our goal is to build awareness and let you know we care and want you to get the help you need to address any of these conditions. Please reach out to the National Suicide Prevention Hotline immediately if you or someone you know is having suicidal thoughts. And please come to me if you have lingering questions or concerns or if you just need to talk.