

Preventing & Managing Compassion Fatigue

*Stormont Vail Health's
Virtual Conversation*

What is compassion fatigue? What is burnout? How can you recognize the two? What tools can we use to overcome those feelings?



Wednesday, May 4, 2022

5:30 p.m. to 6:30 p.m.

**Facebook Live on the
Stormont Vail Health
Facebook Page**

We are inviting all members of the community to join us on Facebook live to hear from Sherry Chesak, Ph.D., M.S., R.N. from Mayo Clinic, along with Brian Avila, Laura Kruger, and Ashley Toyne, R.N. from Stormont Vail Health.

Get **your** questions answered from the best of the best experts who will give you techniques that you can use every day.

What you will take away: How to characterize compassion fatigue and the consequences, what is self-compassion, evidence-based techniques that enhance self-compassion in everyday life, and much more.



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Health**



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