

## **Workshop on Using Arts as Regular Reflective Practice to Prevent Compassion Fatigue in End-of-Life Care**

Compassion fatigue is the physical and mental exhaustion and emotional withdrawal experienced by those who care for sick or traumatized people over an extended period of time. Studies show that palliative & end-of-life care nurses and social workers are at a high risk for experiencing compassion fatigue and they report higher level of burnout and job turnover. It results from taking on the emotional burden of a patients' sufferings. Mindfulness, reflective practice, arts making and journaling are proven ways to prevent and heal compassion fatigue.

This workshop aims to enhance participants' understanding and awareness to compassion fatigue and burnout. Through the experiential act activities, participants have opportunities to reflect on their practice. They will be more self-aware, empowered & present in the moment. They will also learn how to support their fellow team members.