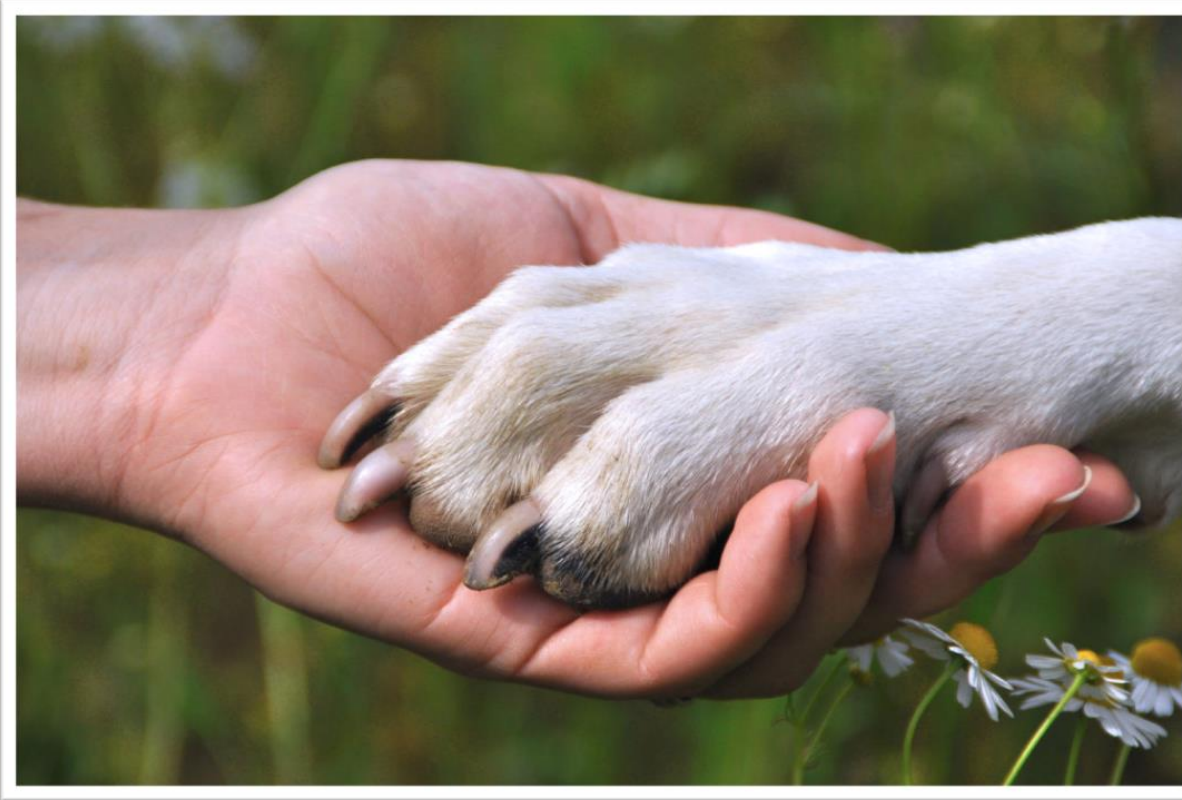
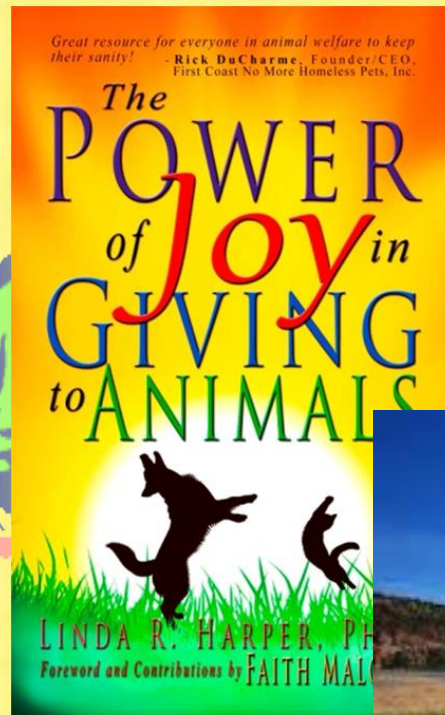


# Mindful Life-Saving



*Caring for Ourselves in Order to  
Care for Them*

# Linda and Faith



Best Friends Animal Sanctuary

# The Neuroscience of Compassion



Empathy → Distress → Step back → Find calm center →

RESPONSE





# We block the flow of compassion when



we try to do more than we can.

we try to get others to do more than they can.



# When we do not *step back*

Empathy → Distress → Fight or Flight → No space

REACTION

compassion fatigue,  
burnout & negativity in  
ourselves & others

*depleting*

# A Self-Check



*Are you mindful of yourself and others?*



# Controller



Takes charge of  
everything

*overloads self*  
*stressful to be with*

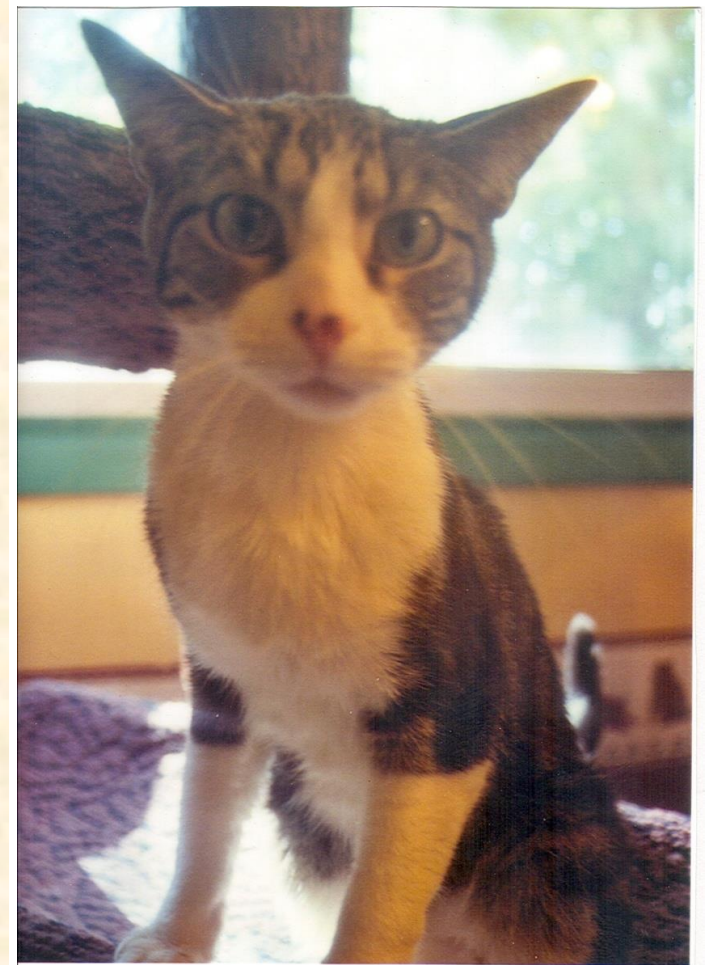


# Trader



Get others to do what you do or what they “should” do

*angry & frustrated*  
*to be avoided*





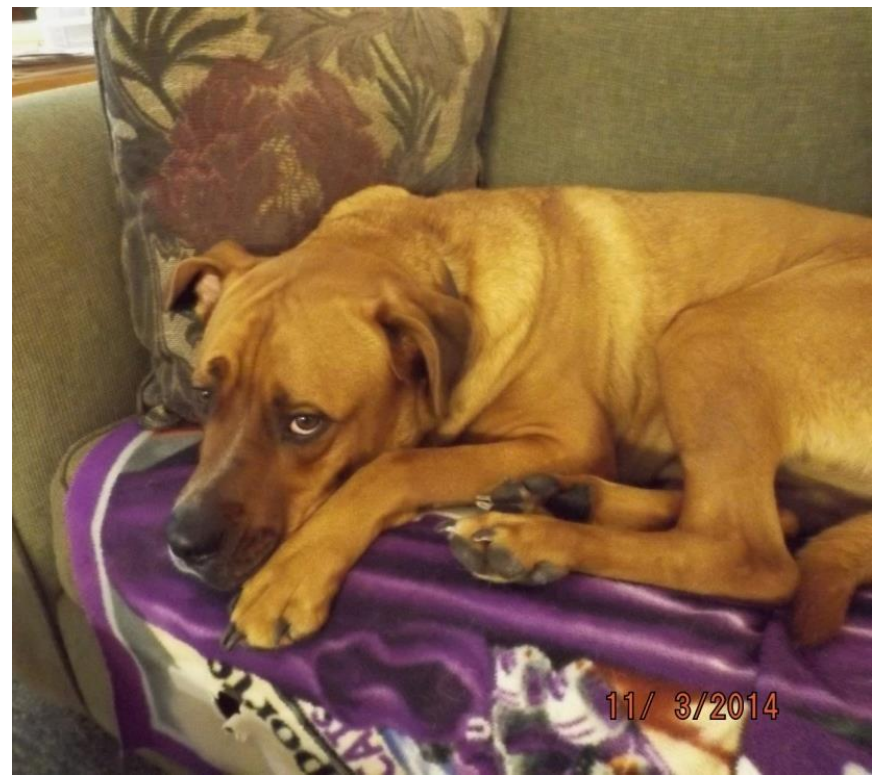
# Martyr



Expect others to help  
you because you have  
nothing left

*self depleted*

*depletes others*



# Sometimes...all three!



Trader



Controller



Martyr

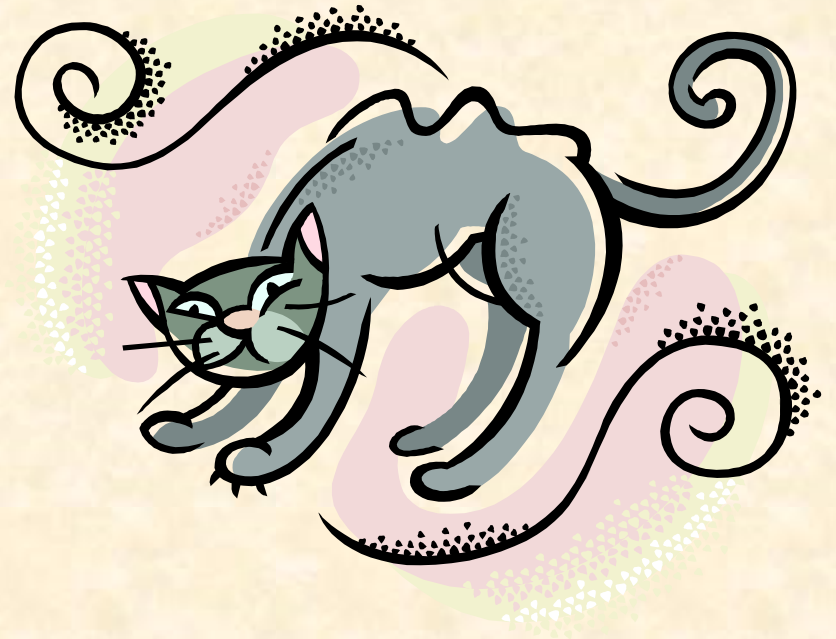
# Individual signs



BODY	MIND	SOUL
Constant tension	Crabby, hot-tempered	No pleasure
Head & stomach aches	Anxiety & fears	Looking for escapes
Trouble sleeping	Negativity & dread	Effects on family
Exhaustion	Crying, sadness, panic	Gambling, smoking
Hard to get going	Feeling ineffective	Drinking, addictions
Aches for no reason	Foggy & forgetful	Over & under-eating
More prone to illness	Making more mistakes	Feeling fragile
Takes longer to get well	More critical of others	General distrust

# Organizational signs

- ❧ Reduced teamwork and energy
- ❧ Less creativity
- ❧ Staff quit, volunteers leave





# Not just you and your organization



- Animals feel the stress.
- Negativity spreads.
- We send out the message that this is not fun.



# The Cycle of Depletion



Less people to help,  
more burnout, people  
leave

More burnout, people  
leave, less people to  
help



# You already have what is needed



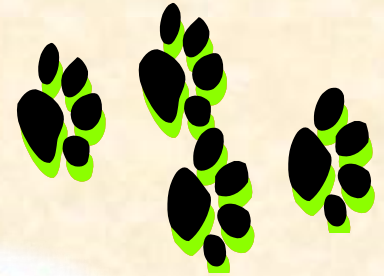
# Mindful Life-Saving



**I. Save You**

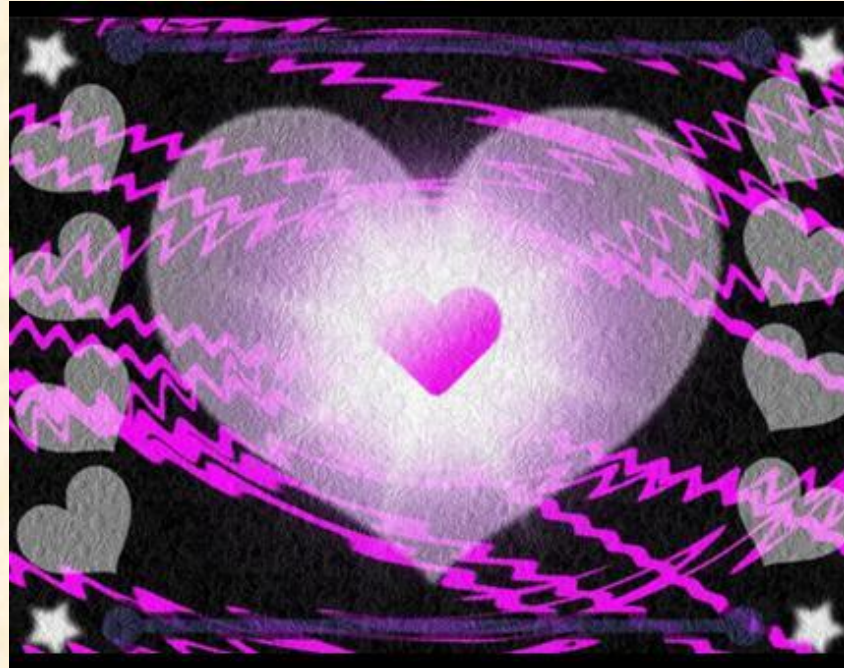
**II. Save Others**

**III. Save Them All™**





# I. Save You



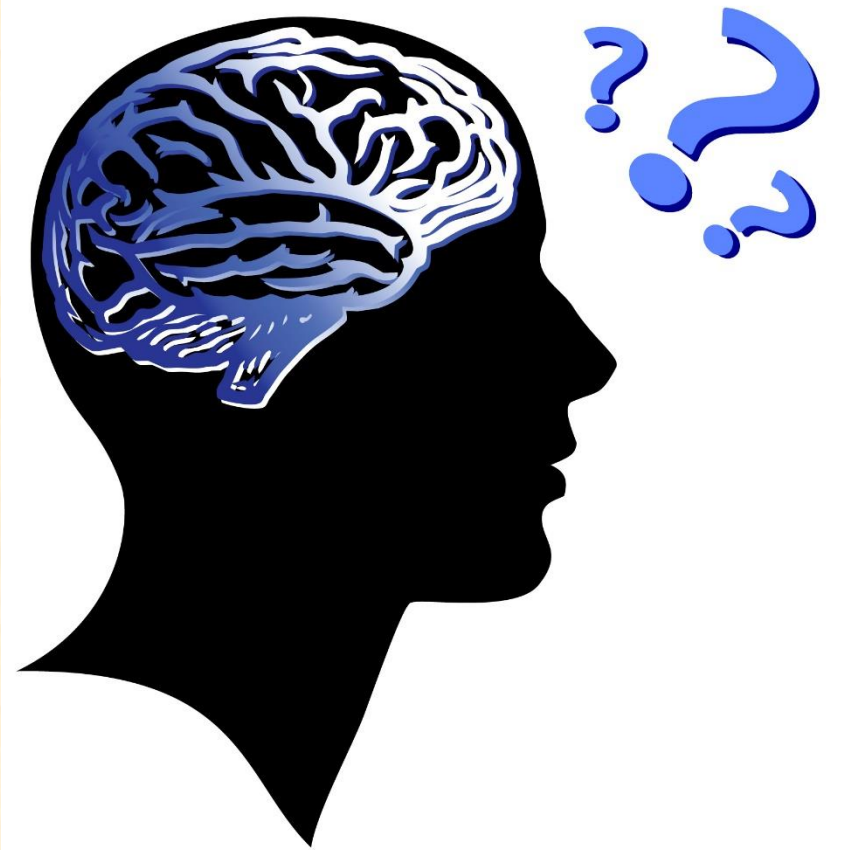
*“Compassionate toward yourself, you  
reconcile all beings in the world.”*

*Tao Te Ching*

# Notice the automatic thoughts

*Did I do enough?  
If only I would have...  
I should have...  
Why didn't I?*

# *Step back, and question*



# Be Human





# Set limits



Stay  
within  
your  
focus and  
size

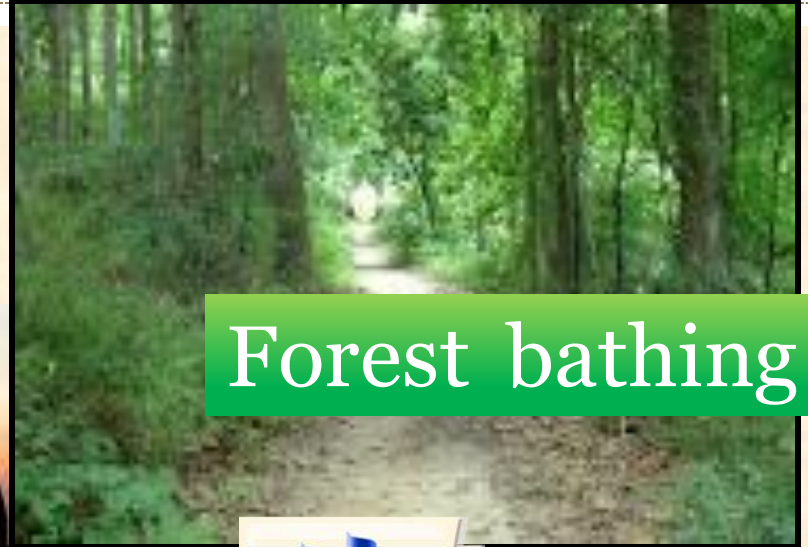
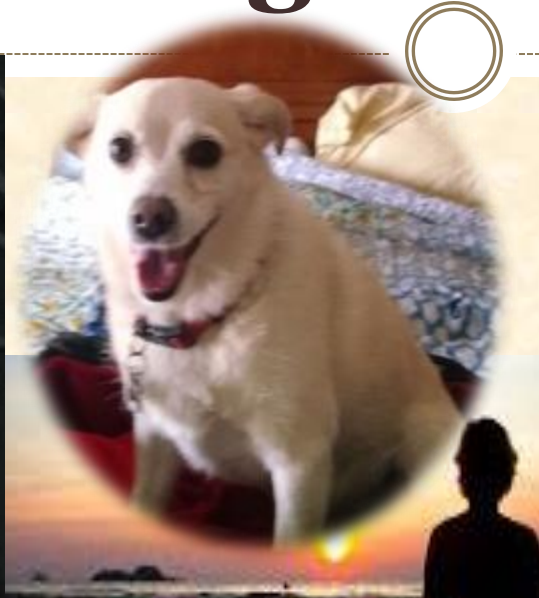
Good for the people and the animals.

# Take charge of your needs!

WHEN ALL ELSE FAILS  
TURN UP THE MUSIC



AND DANCE WITH  
YOUR DOG.



Forest bathing



# Honor feelings



- You want to do more
- Loss brings sadness
- People are often disappointing

*Feelings reflect what matters to you*



# Take comfort



# II. Save Others

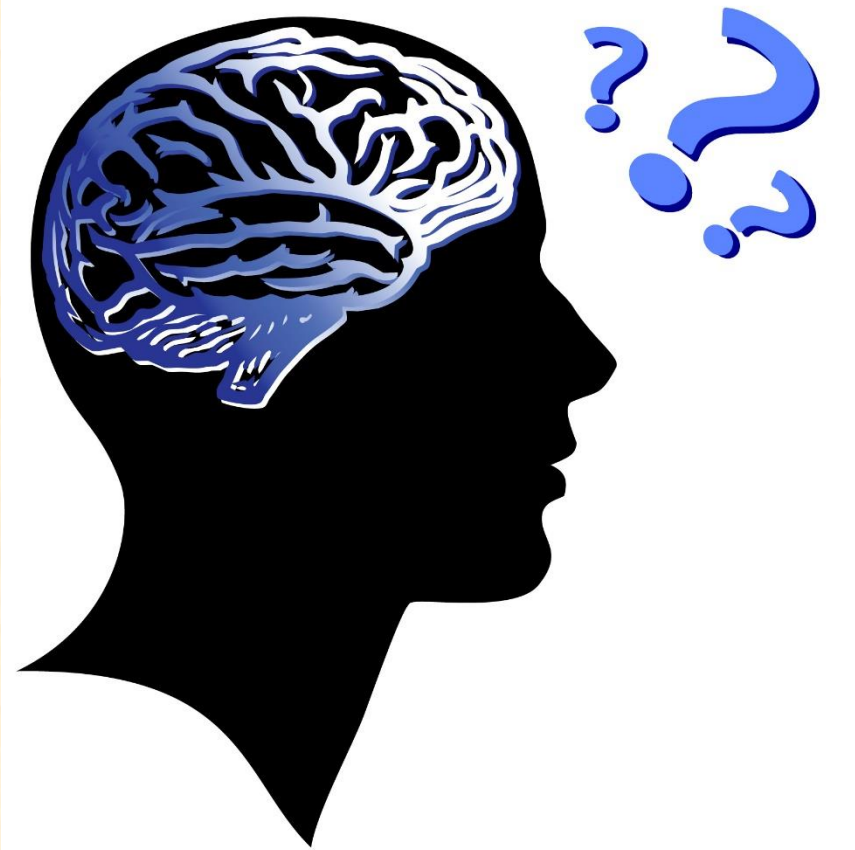




# Notice the automatic thoughts

*They are doing it wrong.  
They must not like me.  
They must not care like I do.  
They don't work hard enough.  
Don't they see I need help?*

# *Step back, and question*



# Let others be human



*Let go of expectations.*

*The self-growth of others is  
**not** your job.*



# Appreciate each other



*Value the unique gifts that each person brings to the table.*



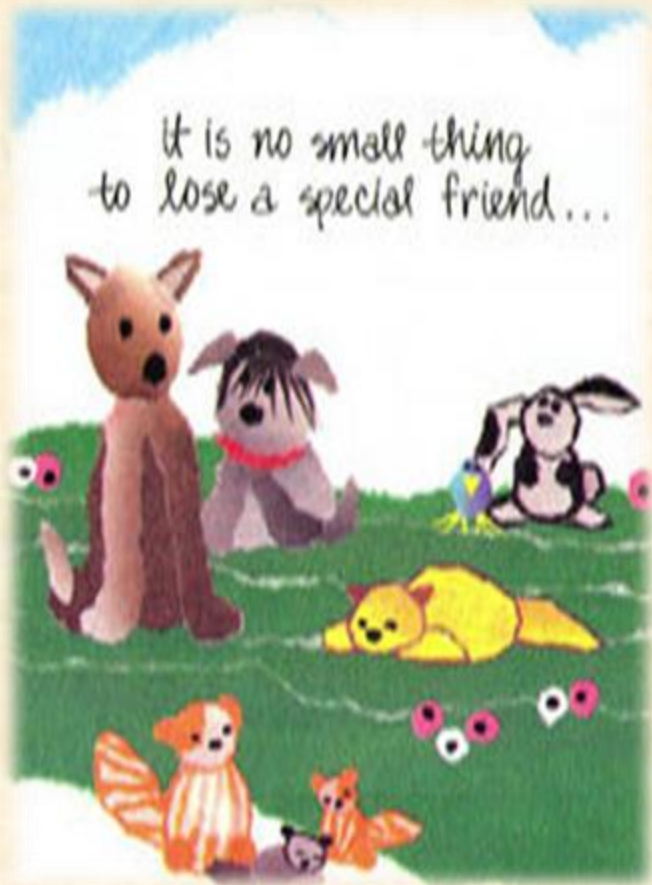


# Support each other





# Understand each other



- Allow time off for grief
- Change work role
- Closed Facebook groups
- Provide crisis de-briefing
- Accepting attitude toward help

# Connect to each other

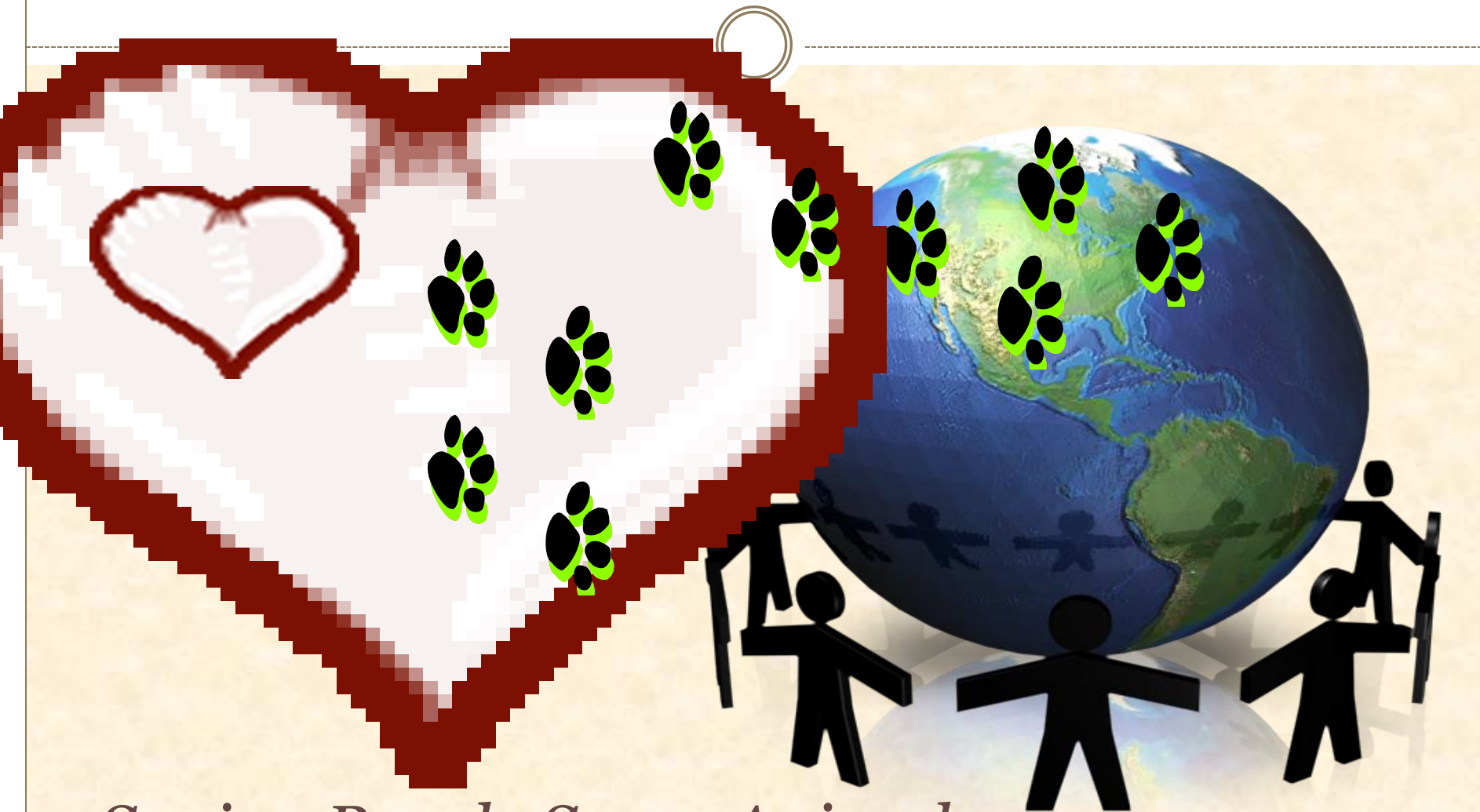
*Have fun!*



*Have a conversation*



# III. Save Them All™



*Saving People Saves Animals*

# Notice the automatic thoughts

*They don't care about animals.  
I don't trust those people.  
They have nothing to offer.  
It's too much work to show them how to  
help out.*

# *Step back and question*





# *Step back from judgment*



What bigger picture might there be?

Refocus:

- ❖ *Listen*
- ❖ *Seek to understand*

*"Be kind, for everyone you meet is fighting a fierce battle." ~ Philo of Alexandria*

# Invite new hands!



# Who can join in?

ORGANIZATIONS

ADOPTERS

DONORS

THE PUBLIC

PEOPLE  
HELPED

COMMUNITY

BUSINESSES

NEIGHBORS

Who else  
belongs?

ANIMAL  
LOVERS

# Connect with other groups



## Shared Events

Joint efforts for an  
Idea exchange,  
workshop, fundraiser  
or conference



## Network Partners

# Create coalitions & collaborate



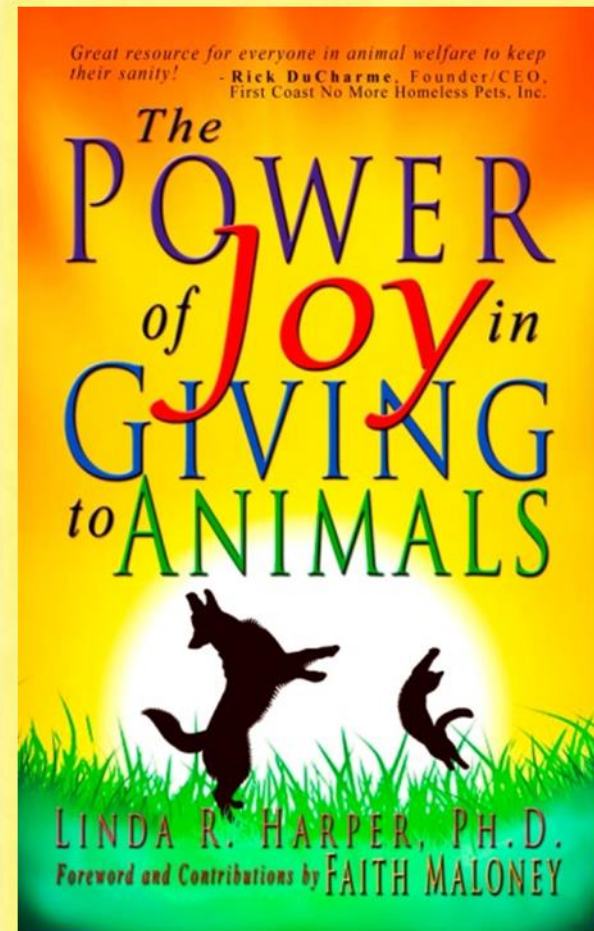


# Treating all with compassion



# Joy attracts!

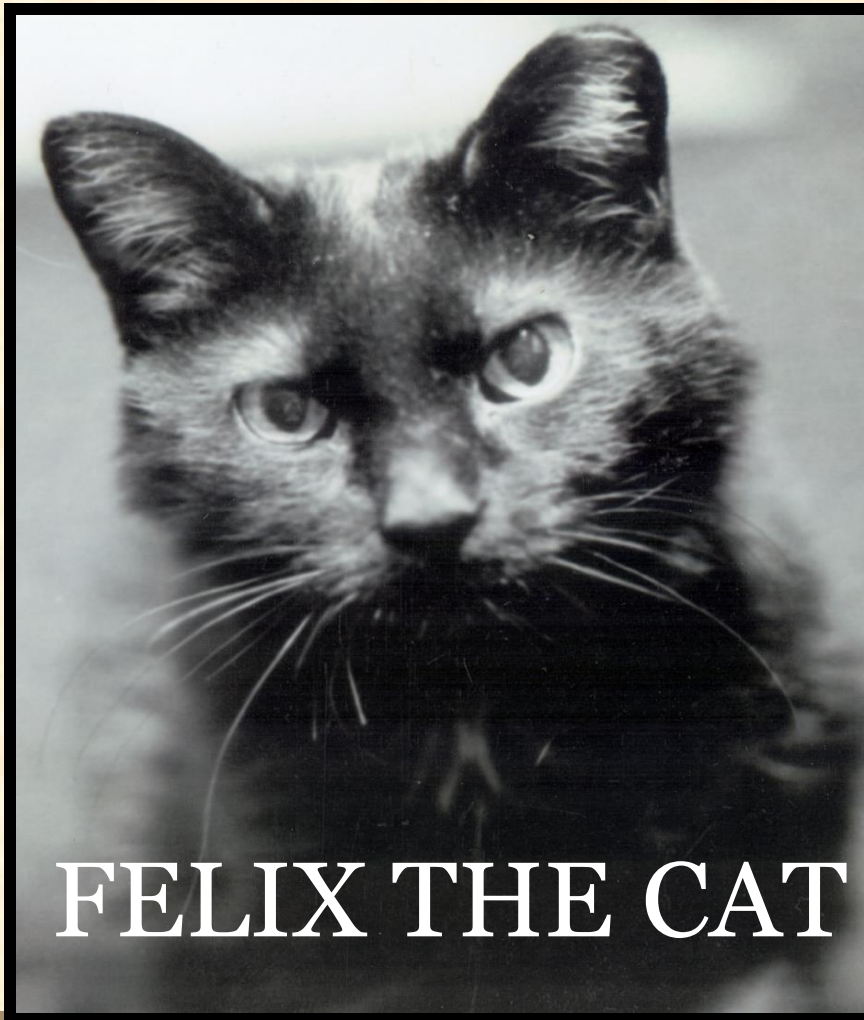
- You are more enjoyable to be around for animals and people.
- People want to join in.



# The animals teach us



# A mindful teacher



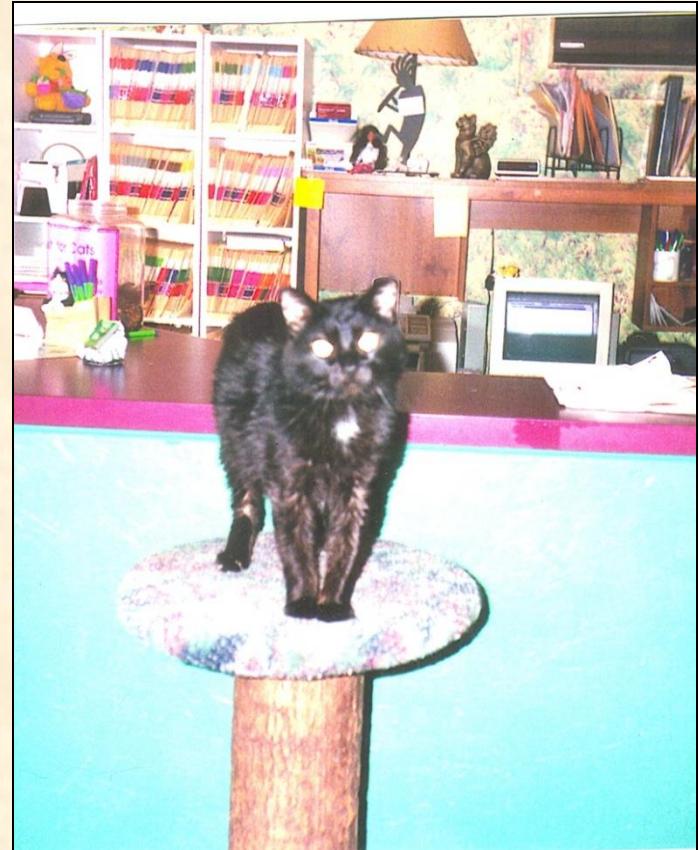
FELIX THE CAT



# Save You



- *Asked for what he needed and got it!*
- *Took comfort*



# Save Others

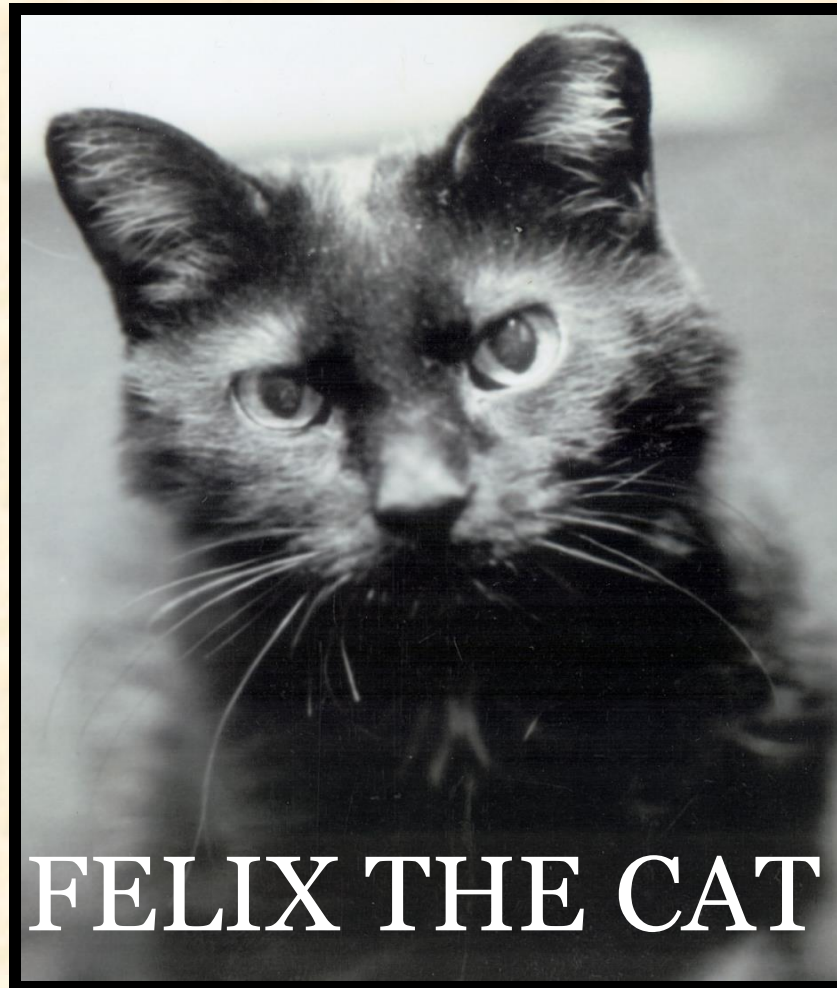


Felix opened his heart to all

- *Cats*
- *Cat lovers*
- *Delivery persons*
- *Clients*
- *Vet and team*
- *Volunteers*
- *Dogs*



**Together, We Can Save Them All™**



**FELIX THE CAT**