

## Managing Compassion Fatigue through Self-Care Strategies during COVID-19

Tuesday, Jan. 19, 2021 at 3pm

Free Webinar

*Sponsored by the University of Maryland Baltimore  
Department of Psychiatry EAP Programs*

Professionals in the healthcare and education fields are at a **greater risk** for **developing burnout** and **Compassion Fatigue** due to excessive practice of compassion-focused skills. Compassion Fatigue can strike the most caring and dedicated nurses, social workers, physicians and personal support workers alike. It has been shown that, when we are suffering from this, we work more rather than less.

The best strategy to address Compassion Fatigue is to **develop excellent self-care strategies**, as well as an early warning system that lets you know that you are moving into the **caution zone** of Compassion Fatigue.

**...What suffers  
is our health,  
our relationship  
with others, our  
personal lives  
and eventually  
our patients.**

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### Managing Compassion Fatigue Webinar

<https://umaryland.webex.com/umaryland/onstage/g.php?MTID=e065269107a147c3d2e704a2faa2747d6>

Or scan QR code to register



Self-care is important  
<https://stopasuicide.org/when-helpers-feel-helpless-mitigating-suicide-risk-of-health-care-workers-in-a-pandemic/>

## Employee Assistance Program



### PRESENTER:

BRIJAN FELLOWS, MSW,  
LCSW-C

Ms. Fellows is a social worker at University of Maryland School of Medicine in the Department of Psychiatry. She has 15 years of experience in early childhood development, trauma and mental health. Ms. Fellows is the Program Director for the Taghi Modarressi Center for Infant Study Secure Starts Clinic where she manages an outpatient mental health clinic and supervises clinical staff and trainees. In addition, Ms. Fellows provides consultation, parent training and reflective supervision to early childhood programs and providers serving the most vulnerable children and families throughout the state of Maryland. Her passion is in promoting good mental health, strengthening relationships and ending generational trauma.

### Employee Assistance Program

Confidential counseling by phone or secure telehealth. This free referral service is available to all employees and their family members.

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Baltimore, MD 21201

Call 667-214-1555 or email:  
[amjohnso@som.umaryland.edu](mailto:amjohnso@som.umaryland.edu)  
to schedule an appointment

[www.umb-eap.org](http://www.umb-eap.org)