

Uplifting the Hearts of Health Care: Moving beyond compassion fatigue through stories of love, laughter, and care

It's 2023 and for over three years now a malaise has been building for many hardy dedicated workers in healthcare. From hospitals to long term care homes, the wear and tear on dedicated souls has been tearing down the spirits and ripping out the hearts of these stalwart caregivers. No more. It is time to stop the hurt and start the healing journey to rebuild and uplift the hearts in healthcare.

Together we seek your stories and input. We believe there is hope in this journey. We believe that you have a story to tell that will serve others; to bring comfort, validation, humour, and hope that will sooth and uplift the spirit and experience of others.

We invite you to reflect on your career experience, distant or recent. We welcome your stories that touched your heart, taught you lessons, raised your spirit, brought humour to your work, or lightened your journey. Brought together, we hope that these stories may in fact save someone's spirit, restore their hope, reignite their passion for care, or validate an individual sufficiently that they do not give up but rise and continue their caring journey forward.

It has been a long road we have travelled, some together and some alone, to get to the other side of a trying pandemic time. Now we need to reach back to those who are struggling to move forward, take their hand and walk beside them so they may restore their compassion, their leadership, and their drive for love in the world of healthcare.

We seek to do all of this through your inspiration gathered in this book – *Uplifting the Hearts of Healthcare: moving beyond compassion fatigue through stories of love, laughter, compassion, and care*. With your peers, or on your own, we invite you to write your stories in short or long form based on the attached guide and submit them to the authors for consideration to be included in *Uplifting the Hearts of Healthcare*. It would be our honour to include your experiences as inspiration for others. Join us. Help us to reach out to others who may be experiencing compassion fatigue and, together, let's bring them home where they will find comfort and love.

Please complete the personal submission details to include with your story so we may be in touch. Attach your story as a word document and submit to: IDCcares@gmail.com.

Name:	Phone:
Email:	
Healthcare Role:	
Place/Type of Workplace:	

Submission Questions / Guidelines

Tell us your story! No need to be fancy, we will edit and smooth out the edges without changing the message of your story. Just be yourself and share your experience! Here are some questions that may help trigger a memory or experience worthy of sharing. Please be sure to include who was with you, what you were doing, where it took place and when:

1. Tell us about an experience that triggered your emotions and made you feel you were in the right place at the right time or had been there for someone when no one else was able to be present.
2. Share an experience that lifted your spirit when you thought nothing ever could.
3. What did you do by accident or intentionally to lift someone's spirit and in return your spirit was unexpectedly lifted as well?
4. Tell us about a funny incident that broke the tension or cheered someone, perhaps yourself, when you least expected.
5. Was there a moment of leadership that came unexpectedly that inspired or comforted you? Who was this person to you and how did they impact you?
6. Recall a moment that simply brings a smile to your face every time you think of it.
7. Was there a practicum or intern ship experience that validated your choice of career?

