Biomedical Research & The Roadmap to Resiliency: START HERE Can You Become Resilient? Compassion Fatigue is a Perrotta, Francesca B.1, Bellanca, Rita U.3, Nguyen, Holly M.2, and Van Hooser, J. Preston1 prominent form of burnout 1. Office of Animal Welfare, University of Washington, Seattle, WA, United States. 2. Department of Urology, University of **Physical** experienced by laboratory animal Washington, Seattle, WA, United States. 3. Washington National Primate Research Center (WaNPRC), University of Washington, professionals. Follow along the Repetitive movements, roadmap and pay attention to the heavy objects, awkward nostures and heat stress signs as they guide you towards from PPE take a toll on resiliency. cagewash and animal technicians. Increased workload from fluctuating **Emotional** staffing levels makes it difficult for their bodies to A trainer had a heavy week recuperate. of classes that required an abundance of advanced ROUGH techniques and euthanasia training. Her moods are ROAD fluctuating between high and AHEAD emotionally blunted. Solution Interpersonal **Problem** Developing coping mechanisms to increase positive emotions are at the foundation of Problem Disregarding your physical health can be painful in the short term Due to anti-science activism The work we do can be emotionally charged both positively and building resiliency to stressors.1 and fear of judgment, a and lead to workplace accidents. Build an "emotional first aid kit" by having researcher is no longer atively. The negative can outshine It can also leave long term damage to your body. sharing his work burdens or activities, music, memories, and anything the positive, thus tinting one's perception and outlook. achievements with his support that brings you joy prepared so that you may access them in times of strife. system. He begins to withdraw deeper into isolation. Solution Solution At work take care of your body by stretching, eating a good meal, taking Being able to catch and redirect yourself when engaging in this breaks, practicing good ergonomics, and AREA Problem behavior is key. Take yourself out of asking for help. Outside of work, Cognitive the moment by going for a walk in nature, seeing a movie, or doing prioritize rest and exercise that brings A veterinarian had a case with you joy. Physical activity has been linked to a better quality of life and ealth issues, prolong negative mood states something that brings you joy. Avoid an unfortunate outcome. She and hinder problem solving skills. This can your rumination triggers when continues to ruminate over lead to poor performance, inhibit healing, and exacerbate physical stress, all of which health outcomes.2 nossible what went wrong and compares herself unfavorably to her peers. This causes feelings of inadequacy, shaken Problem confidence, and the Social isolation lowers life expectancy, contributes to beginnings of imposter Spiritual syndrome. poorer heath, acts like a A member on the IACUC is catalyst towards depression, and overall leads to a poorer overwhelmed with protocols, compliance, and 3R's quality of life.4 implementation. The science he Solution supports takes years to complete. Although we give great benefit to society via our work, we are more Losing sight of the big picture he fails to see the importance of what than our jobs. Take time to he does and begins to take it as oractice mindfulness and to reflect on the different positive areas of Solution a negative reflection of himself **FINISH** Build multiple support systems, both inside and outside of work. **Problem** your life. The true road to resiliency is built by The more fatigued we become, the less Each group will have its own set of every action that we take. What **Behavioral** expertise to provide support how, may work for one person may conscious choice we have when, and where you need it most An animal hehaviorist is not work for another. Make choices as we default to prior working hard to meet the established habits specific to you. Remember healing needs of researchers and isn't linear and setbacks are a normal their animals while also trying to find time to publish on best Spirituality is what gives our lives meaning. When our part of growth. practices. They get in the habit of prioritizing their work work affects us here, we let it and Steinhardt, M. A. (2016) Relationships Among Positive Emotions, Coring, Resilience and Mental Health, Stress Health, 32: 145-156 define our worth as a person. It has been found that over themselves, and their Solution own needs are no longer Penedo, F. J., & Dahn, J. R. (2003, March). Exercise and well-being: a review of mental and physical health benefits associated with physical activity. Current Quinton in Psychiatry, 18(2), 189–193. https://doi.org/10.1097/00001504-200503000-00013 The key is to work on being met. spirituality has a direct impact establishing good ROAD habits ahead of time spects of one's well-being. WORK via repetition.6 Bolek, A., Nossik, P. F., & Blukacz, M. (2001, August 14). The Relationship Between Spirituality, Health-Related Behavior, and Psychological Well-Being. Frontiers in Psychology, 11. Impolida.org/10.3389/ipayg.2020.01997 AHEAD Wood, W., Mazur, A., & Neal, D. T. (2022). Habits and Goals in Harman Behavior: Separate but Interacting Systems. Perspectives on Psychological Science, 17(2), 590-605. https://doi.org/of/fumpus/lib/washington.edu/10.1177/1745691621994226