



Official Newsletter of WIC Worksite Wellness

COMPASSION FATIGUE

Ana Hernandez & Bruna Honorio

Compassion is the ability to understand and empathize other people's emotional distress with a desire to console them. It can be difficult to separate their problems from your own because of how much you truly care about their well-being. However, over-exposure to one's distress can lead to compassion fatigue. It can happen to anyone, but it is most common among healthcare professionals and community service workers.(1) This happens when we take on an individual's trauma creating stress and exhaustion within us.(1) The consequences of compassion fatigue can negatively affect your physical and emotional health, including your relationships with friends and family.(1) Common symptoms of compassion fatigue are sudden anger, exhaustion, sadness, loss of hope, and difficulty sleeping.(2)

[Here](#) is a self-test that you can take to learn more about these symptoms.(3) Experts in compassion fatigue recommend the following strategies to manage it:

- Find a [support group](#) that understands your feelings and experiences. (4)
- Take the time to practice [self-care](#) and self-compassion--your feelings are important too.(4)
- Try relaxing exercises such as [meditation](#) to relieve yourself from stress.(5)
- Sleep 7-9 hours every night! (5)
- [Journal](#) your thoughts and feelings. (6)
- Make time for the hobbies and activities you enjoy.



POSITIVE RELATIONSHIPS

Pedro Guzman, BS & Rachel Jensen, MS, CPT

The way we interact with others and ourselves has a significant impact on our overall health. Having positive connections with friends and family may reduce stress, lower risk for heart disease, and increase our lifespan. (7)

If you are looking to build healthy relationships with yourself and others, consider the following tips below:

1. Set a foundation of communication with others by listening, asking questions, and sharing information about yourself. (8)
2. Treat yourself and others with compassion and kindness. (8)
3. Schedule time for self care and hobbies you enjoy doing. (8)
4. Balance alone time and time with those you love to ensure your own needs are being met. (9)

For more tips on how to have a healthy relationship with yourself, click [HERE](#).

VEGAN PUMPKIN DONUTS

Sherry Dinh, Lauren Yowell B.S., & Dannie Haber, B.A., CPT



Nutrition Facts (11)

Per Serving (1 donut)

Calories	187
Total Fat	6.0 g
Saturated Fat	0.2 g
Cholesterol	0 mg
Sodium	126 mg
Total Carbohydrates	30 g
Fiber	1 g
Sugar	16 g
Protein	2.0 g

Price Comparison (12,13)

	Price Per Donut	Price Per Box (6 count)
Baked Pumpkin Donuts	\$0.65	\$3.87
Katz Gluten Free Pumpkin Spice Glazed Donuts (Walmart)	\$1.08	\$6.49
Bakery Fresh Goodness Pumpkin Cake Donuts (Ralphs)	\$0.83	\$4.99

Pumpkins are the highlight of this holiday season! They are filled with vitamins and fiber which makes them a perfect ingredient to add to any dish this holiday season. (10) This vegan pumpkin donut recipe is quick, nutritious, and satisfies any sweet tooth! The next time you are invited to a potluck or are simply craving something sweet, try this vegan pumpkin donut recipe.

Prep time: **25 min** Cook Time: **15 min** Servings: **6**

Ingredients (11)

<u>Wet Ingredients:</u> <ul style="list-style-type: none"> • 1/2 cup vanilla almond milk • 1/3 cup pumpkin puree • 2 tbsp refined coconut oil • 1 tsp vanilla extract 	<u>Cinnamon Sugar Topping:</u> <ul style="list-style-type: none"> • 1 tsp cinnamon • 4 tbsp cane sugar
<u>Dry Ingredients:</u> <ul style="list-style-type: none"> • 3/4 cup unbleached all-purpose flour • 4 tbsp granulated sugar • 1 tsp active yeast • 1 tsp baking powder • 1 tsp pumpkin spice • 1 tsp nutmeg • 1/4 tsp salt 	

Instructions:

1. In a small saucepan, heat the vanilla almond milk on the stove until it is boiling hot.
2. Mix together all the wet ingredients. After, add in the active yeast.
3. In a large mixing bowl, mix 3/4 cup of unbleached all-purpose flour and the rest of the dry ingredients. Then, add in the dry ingredients to the wet ingredients and mix.
4. Let it sit for 10-15 minutes.
5. Preheat the oven to 350° F and grease a 6-cavity donut pan.
6. Spoon batter into the donut pan. Let the pan sit for another 10 minutes so the batter can rise.
7. Bake for 11-12 minutes. Let the donuts cool in the pan for 5 minutes, and then remove them from pan.
8. Add the cinnamon sugar topping ingredients to a small Ziploc bag and mix. Place the donuts in the Ziploc bag, shake, and serve.

FREE SUPPORT GROUP RESOURCES

Carla Corrales & Samantha Camacho

7 Cups App



7 Cups is an app that allows users to connect with real listeners 24/7 to help them deal with anxiety, stress, sadness, or any other emotional state that might affect their mental health. The app is available on the [7 Cups](#) website or for download on your smartphone.

Support Groups



Local support groups can help form a feeling of belongingness. They can be found on Facebook by searching local groups according to city and area of interest. Before committing, make sure the groups are safe and legitimate. Here is a link to assist you with finding local groups that are not on Facebook:

<https://www.mhanational.org/find-support-groups>

WIC WELLNESS WEDNESDAYS

Wed. 12/1, 12:30-1:00pm

Yoga Nidra Guided Meditation for Stress Reduction & Balance w/ Rachel Von Cott. Register [Here](#).

Wed. 12/ 22, 12:00-12:45pm

Portable Peace Practices Session 5: Feeling the Energy of the Body & Setting Intentions for 2022. Dr. Tony Griffin will teach is about Qi, which is often translated as “vital energy.” The literal translation of Qi in the Oxford Chinese-English Dictionary is “air,” the oxygen necessary for health and life. Three new exercises are introduced which research supports can enhance oxygen diffusion, resulting in a tangible sensation of energy in the body. Register [Here](#).



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