

SHIFT FOR ADVOCATES
COMPASSION FATIGUE →
BACK TO CAPACITY



S SLOW IT DOWN

Notice: "I'm activated."

WHAT IT LOOKS LIKE

- Irritated with clients or coworkers
- Rushing conversations
- Feeling urgency or pressure
- Body tight, breath shallow



IN THE MOMENT

Pause. Feet on the floor.
One slow breath in...
longer breath out.

KEY LINE

You can't support others from
a system that's in overdrive.



KOLLECTIVE SHIFT
TRANSFORMATIONAL LIVING

SHIFT FOR ADVOCATES
COMPASSION FATIGUE →
BACK TO CAPACITY



H HOLD AWARENESS

Notice without fixing

WHAT IT LOOKS LIKE

- "Why am I so frustrated right now?"
- Feeling emotionally flooded
or shut down
- Wanting to withdraw or
check out



IN THE MOMENT

Name it: "I'm overwhelmed."
"I'm stretched." "This is a lot."

KEY LINE

Awareness builds capacity.



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I IDENTIFY THE PATTERN

Connect it to something deeper

WHAT IT LOOKS LIKE

- Over-responsibility ("I have to fix this")
- Taking things personally
- Repeating the same emotional
response with clients



IN THE MOMENT

This isn't just about this
moment... this is a pattern.

EXAMPLES

- "I feel responsible for their outcome."
- "I'm pushing because I care—
but I'm overextending."

KEY LINE

Patterns run faster than awareness—
until you name them.



KOLLECTIVE SHIFT
TRANSFORMATIONAL LIVING

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F FIND CHOICE

Create space
before reaction

WHAT IT LOOKS LIKE

- Instead of reacting → pausing
- Instead of fixing → asking
- Instead of urgency → grounding



IN THE MOMENT

What is actually mine
to carry right now?

CHOICES MIGHT BE

- "I can slow this conversation down."
- "I can ask a question
instead of solving."
- "I can take a breath
before I respond."

KEY LINE

When capacity expands,
options expand.



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BACK TO CAPACITY



T TAKE INTENTIONAL ACTION

Respond from alignment,
not depletion

WHAT IT LOOKS LIKE

- Clear, calm communication
- Boundaries without guilt
- Presence without overgiving



IN THE MOMENT

"I'm here with you—
and we're going to take
this one step at a time."

KEY LINE

Sustainable advocacy requires
sustainable nervous systems.



KOLLECTIVE SHIFT
TRANSFORMATIONAL LIVING

SHIFT FOR SURVIVORS
FROM FEAR & SHAME →
BACK TO SAFETY



S SLOW IT DOWN

Notice: "I feel activated."

WHAT IT LOOKS LIKE

- Heart racing, body tense
- Wanting to shut down or leave
- Overthinking or spiraling
- Feeling small, unsafe, or on edge



IN THE MOMENT

Pause. Feel your feet.
Take one slow breath in...
longer breath out.

LANGUAGE TO OFFER

Nothing is wrong with you.
Your body is responding.

KEY LINE

You don't have to rush
your healing.



KOLLECTIVE SHIFT
TRANSFORMATIONAL LIVING

SHIFT FOR SURVIVORS
FROM FEAR & SHAME →
BACK TO SAFETY



H HOLD AWARENESS

Feel without judgment

WHAT IT LOOKS LIKE

- "Why do I feel like this?"
- Shame rising ("I should be
over this")
- Confusion about emotions



IN THE MOMENT

Name it gently: "I feel scared."
"I feel overwhelmed."
"This is hard."

LANGUAGE TO OFFER

You can feel something without
it meaning something is wrong.

KEY LINE

Awareness creates safety
inside your body.



KOLLECTIVE SHIFT
TRANSFORMATIONAL LIVING

SHIFT FOR SURVIVORS
FROM FEAR & SHAME →
BACK TO SAFETY



I IDENTIFY THE PATTERN

This feels familiar for a reason

WHAT IT LOOKS LIKE

- Reacting strongly to tone, conflict,
or silence
- Feeling triggered by small things
- Falling into old beliefs ("I'm not safe,
it's my fault")



IN THE MOMENT

This feels like something
I've felt before.

EXAMPLES

- "This reminds me of
when I felt powerless."
- "This is an old fear
showing up."

KEY LINE

Your past is showing up—
but it is not happening again.



KOLLECTIVE SHIFT
TRANSFORMATIONAL LIVING

SHIFT FOR SURVIVORS
FROM FEAR & SHAME →
BACK TO SAFETY



F FIND CHOICE

Create space between
feeling and reaction

WHAT IT LOOKS LIKE

- Wanting to shut down, lash out,
or people-please
- Feeling like there is only
one option



IN THE MOMENT

What do I need right now
to feel even 5% safer?

CHOICES MIGHT BE

- "I can take a step outside."
- "I can say I need a moment."
- "I can choose not to engage
right now."

KEY LINE

This is how you begin
to come back to yourself.



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TRANSFORMATIONAL LIVING

SHIFT FOR SURVIVORS
COMPASSION FATIGUE →
BACK TO CAPACITY

T TAKE INTENTIONAL ACTION

Respond in a way
that honors you

WHAT IT LOOKS LIKE

- Speaking up (even softly)
- Setting a boundary
- Choosing rest instead of
pushing through
- Asking for support

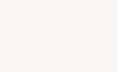


IN THE MOMENT

"I'm going to take care
of myself right now
or "I need a moment
before I respond."

KEY LINE

This is how you begin
to reclaim your power.



KOLLECTIVE SHIFT
TRANSFORMATIONAL LIVING



ADVOCATES →
 COMPASSION, FATIGUE,
 CAPACITY



S SLOW IT DOWN
 Notice: "I feel activated."
 Slow down to stay resourced.

H HOLD AWARENESS
 Notice without fixing.
 Awareness builds capacity.

I IDENTIFY THE PATTERN
 Connect it to something deeper.
 Patterns run faster than
 awareness—until you name them.

F FIND CHOICE
 Create space before reaction.
 When capacity expands,
 options expand.

T TAKE INTENTIONAL ACTION
 Respond from alignment,
 not depletion.
 Sustainable advocacy requires
 sustainable nervous systems.



SURVIVORS →
 FEAR, SHAME,
 RECLAIMING SELF



S SLOW IT DOWN
 Pause. Feel your feet.
 One slow breath in...
 Longer breath out.

H HOLD AWARENESS
 Stay with what's here—
 without pushing it away.

I IDENTIFY THE PATTERN
 See the story shame is telling you.
 Awareness helps you
 rewrite it.

F FIND CHOICE
 You always have more
 choice than you think.

T TAKE INTENTIONAL ACTION
 Choose a step that
 supports safety, not shame.
 Every small choice
 creates change.

YOU NOW HAVE TWO PARALLEL APPLICATIONS:



ADVOCATES →
 COMPASSION,
 FATIGUE, CAPACITY



SURVIVORS →
 FEAR, SHAME,
 RECLAIMING SELF



SAME FRAMEWORK. DIFFERENT DOORWAY.

That's what makes SHIFT powerful.



KOLLECTIVE SHIFT
 TRANSFORMATIONAL LIVING

SIMPLE PRACTICES. SMALL MOMENTS. BIG IMPACT.



Nervous System Snacks

Small, intentional moments to build capacity
anywhere, anytime.



1 THE PHYSIOLOGICAL EXHALE

Longer exhale than inhale.

- Inhale for 4 counts
- Exhale for 6 counts

Even one or two rounds tells your body—"It's safe enough right now."



Calms your nervous system and signals safety to your body. Use it anytime you need to reset.



2 NAME IT TO TAME IT

Pause and name your state.

- "I'm overwhelmed."
- "I'm activated."
- "This is a lot."



Awareness alone begins to build capacity and helps you respond instead of react.



3 FEET ON THE FLOOR

Ground physically.

- Feel your feet
- Press into the floor
- Notice your body in space



Brings you out of your head and back into the present moment.



4 THE 5% SHIFT QUESTION

*Ask yourself:
"What would help me feel
5% safer right now?"*



Small shifts create real change. Not perfect—just 5%.



5 THE MICRO PAUSE

*Before responding—pause.
Even 3 seconds.
That pause is where
choice lives.*



Creates space between what happens and how you respond. This is where choice lives.

SNACK OFTEN. BUILD CAPACITY. EXPAND CHOICE.

Small moments. Strong impact. Every day.



KOLLECTIVE SHIFT
TRANSFORMATIONAL LIVING

STILL STANDING. STILL STRONG. STILL SHIFTING.