

# Keep Those Tails Waggin'!

Using Teamwork To Reduce Compassion Fatigue and Save Lives

Emily Grossheider, Director of Development, Dogs Playing for Life™

## Workshop Workbook



What do you LOVE about your job?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

“Results suggest that a conscious focus on blessings may have emotional and interpersonal benefits.” -Emmons & McCullough, 2003

How can you express your gratitude in the workplace in new ways?



# How can I incorporate play into my day?

Exercise, fresh air, and time away from the computer. When and how?

---

## My Meditation Mantra Is...

- Tips:
1. Keep it short and simple!
  2. Think of something that makes you smile, but not laugh!
  3. Never be afraid to change your mantra!

**“ Gratitude has the power to instantly move us out of lack and into abundance.”**

**-Emmanual Dagher**

What can I do to be sure my co-workers and I are having some fun?!

**Some not-to-be-missed celebrations:**

**Never let the things you want make you forget the things you have.**

Animal welfare is a movement. What does that mean?! We are a group of people working together to advance our shared ideas. Where do I stand in the movement? Am I brand new, unsure of how long I'll be here or in it for life? How will I propel the movement towards positivity and progress? How will I support my co-movers and shakers to take their part?

A large, empty, rounded rectangular box with a light gray background and a black border, intended for writing or drawing. The box is positioned below the text and occupies most of the lower half of the page.

**YOU are a critical part of your team. Your attitude and gratitude affect those around you. You are a rock star-you save lives! You have the power to propel the movement because you are the movement. You must take care of yourself to take care of the animals-they deserve it, and you deserve it. What did you do today? You scooped poop? You mopped the floor? You answered phones? THAT was important. Don't believe me? Ask your co-workers. They noticed. Start noticing what they do for you. BE GRATEFUL. Meditate. Go take a walk-take a dog with you! Take deep breaths. Listen to the dog pant. Doesn't it sound like "thank-you, thank-you, thank-you?" Adoption? Celebrate! We celebrate everything. We celebrate celebrating. We celebrate you. Why? Because YOU rock! Now get out there and do what you do-and remember to practice what we talked about. Thank you for what you do. Thank you for speaking for those who can't speak for themselves. Thank you for saving lives. Thank you for making families whole. Thank you for being part of the movement. I'm honored to be a part of it with you! ~Emily Grossheider—Emily@dpfl.org**