

Compassion Fatigue

Do you have any of the following symptoms?



- Feeling acutely anxious
- Unable to rest or relax (you feel like you need to be at work all the time as only you can do the job well enough)
- Dreading work and feeling guilty because of it
- Feeling constantly irritable and short tempered
- Feeling exhausted (emotionally, physically or both)
- Hypersensitivity or insensitive to emotional events
- Reduced feelings of sympathy or empathy
- Unable to sleep or feel withdrawn and detached
- Experiencing multiple minor illnesses, constant headaches or back pain
- Unintentional weight loss or altered eating habits
- Impaired decision making
- Problems with personal relationships
- Poor work life balance
- Diminished sense of career fulfilment

These are the most common signs and symptoms of Compassion Fatigue – a condition where you experience significant emotional or physical pain and suffering when caring for others.

What can you do?

Speak to someone

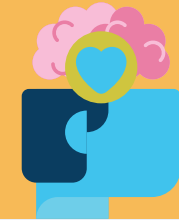
that you feel most comfortable to talk to about how you are feeling. Your manager is available and able to offer you support and guidance.



Practice Self-Care

This means trying to establish the following:

- Balanced, nutritious diet
- Regular exercise
- Routine schedule of restful sleep
- Balance between work and leisure
- Honoring emotional needs



Set emotional Boundaries

This helps to maintain a connection to a service user while still remembering and honouring the fact that you are a separate person with your own needs. Through the day take random moments to close your eyes, focus on your breathing or put your hands on your heart and send yourself some compassion.



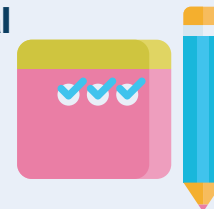
Try a New Hobby

This helps work life balance and can help reduce stress.



Maintain a Journal

a great way to release emotions



Use positive coping strategies

Consider making a list of positive coping strategies to use in times of stress. This might include deep breathing, meditation, taking a walk, talking with a friend, watching a funny movie, or relaxing in a hot bath.



Keep or Grow healthy friendships outside of work

While it is great to have strong relationships with colleagues, it is equally important to have relationships outside of work. Connecting with friends who are not aware of the ins and outs of your work can provide much needed emotional and professional relief.

