



Combating Compassion Fatigue

If you are a caregiver, you know providing support can be both rewarding and exhausting. Caring for people can cause compassion fatigue by creating stress and trauma. It is important to know the signs of building compassion fatigue and steps you can take to combat it.

Signs of Compassion Fatigue:

- Loss of empathy
- Headaches, nausea or dizziness
- Feeling detached or self-isolation
- Increase, anger, irritability, sadness or anxiety
- Feelings of burnout and numbness
- Difficulty concentrating or making decisions
- Self-blame or dwelling on thoughts

Tips to Combat Compassion Fatigue:

- Try to get some exercise or walk each day
- Stay connected with friends or loved ones
- Make sleep a priority
- Schedule out breaks
- Talk to a therapist or join a support group
- Continue doing activities you enjoy

Learn more

Here are 2 great resources you can visit for more resources if you're feeling compassion fatigue and need some guidance:

<http://www.compassionfatigue.org/>

<http://www.healthycaregiving.com/>

