

Compassion Fatigue Do's and Don't's

1. Activity: Ask Yourself...

Am I aware of any of the issues below or contributing factors in my typical workday? If so, you could be at risk of compassion fatigue. These issues include but are not limited to:

- The Ability to function is interfered with or altered.
- Situation or incident does not seem “typical or ordinary”, it feels traumatic.
- “Compassion stress” impinges upon or breaks through normal boundaries
- Regularly waking up tired in the morning and struggling to get to work?
- Feeling as if you are working harder but accomplishing less?
- Becoming frustrated/irritated easily?
- Losing compassion for some people while becoming over involved in others?
- Routinely feeling bored or disgusted?
- Experiencing illness, aches and pains?

2. Do's and Don'ts of Compassion Fatigue (Source: The Landstuhl Regional Medical Center)

Do:

- Find someone to talk to.
- Understand that the pain you feel is normal.
- Exercise and eat properly.
- Get enough sleep.
- Take some time off.
- Develop interests outside of medicine.
- Identify what's important to you.

Don't:

- Blame others.
- Look for a new job, buy a new car, get a divorce, etc...
- Fall into the habit of complaining with your colleagues.
- Work harder and longer.
- Self-medicate.
- Neglect your own needs and interests.