

Compassion Fatigue

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What is Compassion Fatigue?

- ✚ A state of physical, emotional, and spiritual exhaustion.
- ✚ Compassion Fatigue is caused by burnout and the stress of witnessing and/or hearing about the traumatic experiences of others.
- ✚ Compassion fatigue can affect a wide range of professions who regularly work in a helping or healing capacity such as health care professionals, social workers, and clergy. It can also apply to caregivers and parents.
- ✚ Compassion Fatigue affects the ability to be effective at work and relate to loved ones and friends.

Signs of Compassion Fatigue

- Disconnection and detachment
- Anger and irritability
- Anxiety
- Difficulty concentrating
- Decreased empathy and sympathy
- Sleep problems (e.g. nightmares, increased or decreased sleep)
- Feelings of powerlessness
- Unexplained physical symptoms
- Relationship problems
- Poor job satisfaction

The ABCs of Thriving as a Caregiver:

- A: Attention to your own personal signals of distress (e.g. dizziness, hunger, emptiness)
- B: Break-take a break to focus on personal needs
- C: Care for your self by keeping a daily routine, staying connected with others, keeping a positive attitude, using self care tips to improve your wellbeing (e.g. 7 E's to Help Manage Stress, prayer, meditation, etc.)

Resources:

- 7 Ways to Help Manage Your Stress, A. Shah, MD, Fort Bend County Mental Health Task Force
- Fort Bend County Behavioral Health Services, Compassion Fatigue
- Psychology Today, S. Babbel, MFT, PhD, www.psychologytoday.com/us/blog/somatic-psychology/201207/compassion-fatigue
- Association of American Medical Colleges, M Jablow, www.aamc.org/news-insights/compassion-fatigue-toll-being-care-provider
- For questions regarding your **mental health** needs please call: **281-238-3079** or visit www.fortbendcountytexas.gov/bh
- Visit www.mhahouston.org for all mental health resources in our area
- COVID Mental health support line from Harris Center 833-986-1919
- National Suicide Prevention Hotline: **1-800-273- TALK (8255)**

