

The Journey of:

Compassion Fatigue



○ **Compassion Fatigue**

Signs of Compassion Fatigue:

- Mood Swings
- Feelings of detachment
- Compulsive behavior and addiction
- Depression Symptoms
- Anxiety Symptoms
- Trouble being Productive due to lack of focus
- Insomnia or low-quality sleep
- Physical and Psychological exhaustion
- Feelings of helplessness or hopelessness

Compassion Fatigue

How to overcome Compassion Fatigue:

- Talk to someone about what you are feeling.
- Exercise regularly and eat well.
- Engage in meaningful conversations every day.
- Get more sleep.
- Take time off.
- Focus on interest outside of your profession.
- Maintain a personal life, even when you don't feel like it.
- Recognize that what you feel is normal and not your fault (Walden University, 2023)

Walden University. (2023). How to Cope With Compassion fatigue when Counseling Trauma Victims. Retrieved from: <https://www.waldenu.edu/online-masters-programs/master-of-social-work/resource/how-to-cope-with-compassion-fatigue-when-counseling-trauma-victims>

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