Compassion Fatigue & Vicarious Trauma

Could include the symptoms of burnout (on the left) AND the symptoms on the right.

- Apathy
- Negative
- Isolation
- Insomnia
- Irritability
- Overwhelmed
- Chronic fatigue
- Anxiety
- Depression
- Lose sense of purpose

- Hopelessness
- Loss of joy
- Exhaustion
- Cynicism
- Intrusive thoughts
- Loss of boundaries
- Lack of effectiveness
- Discouraged about the world
- Inability to “feel” compassion
- Dark, sarcastic humour

PTSD & Compassion Fatigue

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<td>Flashbacks</td>
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Symptoms of Burnout

- Apathy
- Overwhelmed
- Lost sense of purpose
- Isolation

- Irritability
- Chronic Fatigue
- Decreased performance
- Every day is a bad day

- Insomnia
- Anxiety/Depression
- Inability to concentrate
Definitions:

**Trauma:** A violent or disturbing experience or event over which you have no control.

**Burnout:** The physical or mental collapse caused by overwork or stress.

**Compassion Fatigue:** Is fatigue, apathy or the gradual lessening of compassion resulting from the constant demands of caring for others.

**Vicarious/Secondary Trauma:** Is the result of witnessing or being exposed to traumatic events.

**PTSD:** A normal, psychological reaction that is always linked to a critical incident or a traumatic event. It is an injury to the brain.

**PTSD is NOT:** A disease. Anything to be ashamed of. It is NOT a sign of weakness or failure.

Gifts to give yourself

- *Space to breathe.* Don’t put expectations on how you think you “should” be doing.
- *Patience* with yourself and others who don’t understand what you are going through.
- *Time* to heal and give back to yourself.
- *A friend* and accountability partner.
- *Love* yourself in your brokenness.
- *Permission* to be human.
- *Grace* to make mistakes.
- *Be gentle* with yourself.

Rrrrrrremedies that help re-balance

- *Rest-* meditate, prayer, be in nature, do activities YOU enjoy. Are you able to stop, or do you experience anxiety when you do?
- *Reflect*—on your work/life balance. Where has that brought you?
- *Recalibrate*—STOP and change any habit leading you down the wrong path.
- *Refuel*—your body with proper diet, exercise, sleep and avoid caffeine, alcohol, drugs...
- *Resist the YES*—learn to say NO. Learn to disconnect and create boundaries to live by.
- *Re-examine*—Weed out relationships that do not add value to your life, that deplete you.
- *Reconcile*—and forgive those who have hurt you. Harboring offense requires energy, and like cancer it’s toxic to your entire being. Forgive YOURSELF for calls gone wrong.
- *Remove*—everything that distracts you from your freedom, yourself and your family.
- *Remember*—You are NOT going crazy.