#### **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**: 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.

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

## Symptoms of Burnout

□ Apathy
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- □ Overwhelmed
- ☐ Lost sense of purpose
- □ Isolation

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

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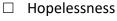
#### ☐ Insomnia

- ☐ Anxiety/Depression
- ☐ Inability to concentrate

## **Compassion Fatigue & Vicarious Trauma**

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

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



- ☐ Loss of joy
- □ Exhaustion
- □ Cynicism
- ☐ Intrusive thoughts
- □ Loss of boundaries
- □ Lack of effectiveness
- $\hfill \square$  Discouraged about the world
- ☐ Inability to "feel" compassion
- ☐ Dark, sarcastic humour

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>>> Melanie Willard >

# **PTSD & Compassion Fatigue**

Physical	<b>Emotional</b>	Cognitive	<b>Behavioural</b>
□ Nausea	☐ Anxiety	☐ Memory problems	☐ Withdrawn
☐ Intestinal upset	□ Sadness	□ Poor attention	□ Restless
☐ Fatigue	□ Depression	☐ Nightmares	□ Emotional outbursts
☐ Rapid heart rate	□ Fear	☐ Intrusive thoughts	□ Alcohol/drug abuse
☐ Chest pains	□ Guilt	□ Disorientation	☐ Irritability
□ Chills	□ Panic	□ Poor problem solving	□ Blaming
☐ Feel faint/dizzy	□ Anger	□ Poor decision making	☐ Change in appetite
☐ Headaches		□ Sleep disturbance	☐ Startle easy
		☐ Flashbacks	<ul><li>Asking why</li></ul>
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#### **SELF-CARE**

□ **Space** to breathe. Don't put expectations on how you *think* you "should" be doing.

# Gifts to give yourself

☐ *Remember-* You are NOT going crazy.

	<b>Patience</b> with yourself and others who don't understand what you are going through.
	<i>Time</i> to heal and give back to yourself.
	A friend and accountability partner.
	Love yourself in your brokenness.
	<i>Permission</i> to be human.
	<b>Grace</b> to make mistakes.
	Be gentle with yourself.
R	rrrrremedies that help re-balance
	Time medics that help re-balance
	<b>Rest</b> - meditation, 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 it brought you?
	Recalibrate- STOP and change any habit leading you down the wrong path.
	Refuel- your body with proper diet, exercise and sleep. 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.
	<b>Reconcile</b> - and forgive those who have hurt you. Harboring offense requires energy, and like cancer it's toxic to your entire being. Forgive yourself.
	<b>Remove-</b> everything that distracts you from your freedom, yourself and your family.

