

## 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


- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Apathy                | <input type="checkbox"/> Irritability           | <input type="checkbox"/> Insomnia                 |
| <input type="checkbox"/> Overwhelmed           | <input type="checkbox"/> Chronic Fatigue        | <input type="checkbox"/> Anxiety/Depression       |
| <input type="checkbox"/> Lost sense of purpose | <input type="checkbox"/> Decreased performance  | <input type="checkbox"/> Inability to concentrate |
| <input type="checkbox"/> Isolation             | <input type="checkbox"/> Every day is a bad day |   |

\_\_\_\_\_ out of 11

## Compassion Fatigue & Vicarious Trauma

Could include the symptoms of burnout (on the left)

**AND the symptoms on the right.**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Apathy                |  | <input type="checkbox"/> Hopelessness                   |
| <input type="checkbox"/> Negative              |   | <input type="checkbox"/> Loss of joy                    |
| <input type="checkbox"/> Isolation             |   | <input type="checkbox"/> Exhaustion                     |
| <input type="checkbox"/> Insomnia              |   | <input type="checkbox"/> Cynicism                       |
| <input type="checkbox"/> Irritability          |   | <input type="checkbox"/> Intrusive thoughts             |
| <input type="checkbox"/> Overwhelmed           |   | <input type="checkbox"/> Loss of boundaries             |
| <input type="checkbox"/> Chronic fatigue       |   | <input type="checkbox"/> Lack of effectiveness          |
| <input type="checkbox"/> Anxiety               |   | <input type="checkbox"/> Discouraged about the world    |
| <input type="checkbox"/> Depression            |   | <input type="checkbox"/> Inability to "feel" compassion |
| <input type="checkbox"/> Lose sense of purpose |   | <input type="checkbox"/> Dark, sarcastic humour         |

\_\_\_\_\_ out of 22

# PTSD & Compassion Fatigue

## Physical

- Nausea
- Intestinal upset
- Fatigue
- Rapid heart rate
- Chest pains
- Chills
- Feel faint/dizzy
- Headaches

## Emotional

- Anxiety
- Sadness
- Depression
- Fear
- Guilt
- Panic
- Anger

## Cognitive

- Memory problems
- Poor attention
- Nightmares
- Intrusive thoughts
- Disorientation
- Poor problem solving
- Poor decision making
- Sleep disturbance
- Flashbacks

## Behavioural

- Withdrawn
- Restless
- Emotional outbursts
- Alcohol/drug abuse
- Irritability
- Blaming
- Change in appetite
- Startle easy
- Asking why

**\_\_\_\_\_ out of 33**

## SELF-CARE

### 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.

### Rrrrrremedies that help re-balance

- Rest-** *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.
- Reconcile-** and forgive those who have hurt you. Harboring offense requires energy, and like cancer it's toxic to your entire being. Forgive yourself.
- Remove-** everything that distracts you from your freedom, yourself and your family.
- Remember-** You are NOT going crazy.