"Compassion fatigue is a state experienced by those helping people or animals in distress. It is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper." (Figley, 1995)

**Symptoms**
- Inability to maintain balance of empathy and objectivity
- Depression
- Hopelessness
- Less ability to feel joy
- Diminished sense of personal accomplishments

**Coping Strategies**
- **Always put yourself first**
  Look at your calendar, do you have something scheduled that is just for you? If not, do it!
- **Set boundaries**
  Look at your calendar, is there something you can say no to or commit less to?
- **Develop a support network**
  Reach out to a friend with a text just to say “Hi!”