

COMPASSION FATIGUE

Symptoms & Coping Strategies

"**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

Diminished sense of personal accomplishments

Hopelessness

Less ability to feel joy

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!"



CHILD CARE

State Capacity Building Center

Source: Figley, C. R. (1995). *Compassion fatigue: Toward a new understanding of the costs of caring.*