



WHAT YOU NEED TO KNOW ABOUT

COMPASSION FATIGUE

from Positive Psych Solutions

TIPS AND TRICKS TO MANAGE COMPASSION FATIGUE

OUR DEFINITION OF COMPASSION FATIGUE:
When someone cancels an appointment and
you secretly feel relieved...

DO YOU FEEL...

- Easily Irritated
- Low or depressed mood
- Low tolerance to distress
- Withdrawn from others
- Emotionally and Physically Exhausted

ARE YOU...

- Having trouble sleeping
- Finding it difficult to focus
- Making poor judgements and decisions
- Feeling low self-worth, hopeless
- Noticing unusual mood fluctuations
- Becoming isolated from people
- Resenting going to work or even skipping work

Do's



Indulge in interests outside of work and improve self-care



Utilise your support network to vent your emotions



Set boundaries to protect your capacity to help others to your best ability

Don'ts



Spread negativity in your workplace



Work longer and push beyond your capacity



Neglect your own interests and needs



YOUR EMOTIONAL HEALTH IS AS IMPORTANT AS YOUR PHYSICAL HEALTH

For more information or to speak with a Psychologist, go to www.positivepsychsolutions.com.au