

Compassion Fatigue.



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What is Compassion Fatigue

fatigue, emotional distress, or apathy resulting from the constant demands of caring for others or from constant appeals from charities

dictionary.com



Compassion fatigue can take a physical, mental, spiritual, and emotional toll on people who experience it.

GoodTherapy.org[®]
Helping people find therapists. Advocating for ethical therapy.




Eric Gentry suggests that people who are attracted to care giving often enter the field already compassion fatigued. These are people who were taught at an early age to care for the needs of others before caring for their own needs.

Common symptoms of compassion fatigue include:

- Chronic physical and emotional exhaustion
 - Irritability
 - Feelings of self-contempt
 - Difficulty sleeping
 - Weight loss
 - Headaches
 - Poor job satisfaction
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10 WAYS TO BUILD RESILIENCE

 AMERICAN PSYCHOLOGICAL ASSOCIATION



- Make Connections
 - Avoid seeing crises as insurmountable problem
 - Accept that change is a part of living
 - Move toward your goals
 - Take decisive actions
 - Look for opportunities of self-discovery
 - Nurture a positive view of yourself
 - Keep things in perspective
 - Maintain a hopeful outlook
 - Take Care of yourself
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WHY SELF-CARE IS GOOD FOR YOU



It empowers people with the confidence and information to look after themselves as well as gives people greater control of their own health and encourages healthy behaviors that help prevent ill health in the long-term.

(source: <http://www.selfcareforum.org/about-us/what-do-we-mean-by-self-care-and-why-is-good-for-people/>)

WHAT IS SELF-MANAGEMENT



Self Management skills refer to the ability of the individual to lower his/her anxiety and minimize reactivity. It is crucial that the participant develop and implement effective anxiety reduction and self-regulatory skills.

(Source: [TIClearn.com](https://www.ticlearn.com))
