

Symptoms of Compassion Fatigue



Physical Symptoms

- ☐ I have had increased absenteeism "sick days"
- ☐ I have been feeling physically ill
- ☐ I have been feeling fatigued
- ☐ I have been feeling keyed up & nervous
- ☐ I am doing less rather than more exercise
- ☐ Normal sleep has been more difficult for me
- ☐ I have lost enjoyment in intimate and sexual activities

Psychological Symptoms

- ☐ I have noticed myself being more cynical and pessimistic
- ☐ I noticed that I was trying to avoid feelings by numbing or shutting down
- ☐ I have had work related nightmares/bad dreams
- ☐ k related nightmares/bad dreams
- ☐ I have lost interest and enjoyment in activities
- ☐ I have difficulty in making decisions or am making poor decisions
- ☐ I feel like I have lost some of my self esteem

Emotional Symptoms

- ☐ I have anger directed towards my supervisors or co-workers
- ☐ I have been feeling flat, depressed and hopeless more than I used to
- ☐ I have been more angry and irritable than normal
- ☐ I have moments of dread when thinking about going to work
- ☐ I am having trouble finding hope
- ☐ I am less connected to my spiritual and religious beliefs than I used to be
- ☐ I have felt overwhelmed more than three times the past week

Spiritual Symptoms

- ☐ I have been avoiding spending time with my friends and family
- ☐ I have been avoiding spending time with God
- ☐ I fear for the safety of myself and my loved ones
- ☐ I have engaged less rather than more in activities that used to bring me pleasure
- ☐ I have had a lack of time for self
- ☐ I find it difficult to trust others
- ☐ I have feelings of despair and hopelessness

Professional Symptoms

- ☐ I have been unable to get work or something specific to work out of my head
- ☐ I have had unwanted memories pop up in my head of past events from work
- ☐ My productivity at work has been reduced
- ☐ I have felt like quitting my job more than once
- ☐ I find paperwork and menial tasks getting in the way of my enjoyment of work
- ☐ Five or more checked could indicate that you are suffering from compassion fatigue symptoms.

Symptoms of Secondary Traumatic Stress



Intrusive Symptoms

- ☐ Thoughts and images associated with client's traumatic experiences
- ☐ Obsessive and compulsive desire to help certain clients
- ☐ Client/work issues encroaching upon personal time
- ☐ Inability to let go of work related matters
- ☐ Perception of survivors as fragile and needing the assistance of caregiver ("saviour")
- ☐ Thoughts and feelings of inadequacy as a caregiver
- ☐ Sense of entitlement or special-ness
- ☐ Perception of the world in terms of victims and perpetrators
- ☐ Personal activities interrupted by work related issues

Avoidance Symptoms

- ☐ Silencing response (avoiding hearing/witnessing client's traumatic material)
- ☐ Loss of enjoyment in activities/cessation of self care activities
- ☐ Loss of energy
- ☐ Loss of hope/sense of dread working with certain clients
- ☐ Loss of sense of competency/potency
- ☐ Isolation
- ☐ Secretive self medication (alcohol, drugs, work, sex, food, spending etc)
- ☐ Relational dysfunction

Arousal Symptoms

- ☐ Increased anxiety
- ☐ Impulsivity/reactivity
- ☐ Increased perception of demand/threat (both in job and environment)
- ☐ Increased frustration/anger
- ☐ Sleep disturbance
- ☐ Difficulty concentrating
- ☐ Change in weight/appetite
- ☐ Somatic symptoms

Self Care Worksheet



Physical Self Care

- ☐ Aerobic activity; exercise regularly (3x/week)
- ☐ Eat regularly (breakfast, lunch & dinner)
- ☐ Eat healthy foods
- ☐ Preventive medical care
- ☐ Medical care when needed
- ☐ Take time off work when sick
- ☐ Get massages
- ☐ Dance, swim, walk, run, play sports, sing, or other activity you enjoy
- ☐ Take time to be sexual in your marriage
- ☐ Get enough sleep
- ☐ Wear clothes you like
- ☐ Take holidays (mini breaks and longer vacations)

Psychological Self Care

- ☐ Self-regulate at work (pelvic relaxation, peripheral vision, body scan & soften muscles)
- ☐ Self-regulate in personal life (pelvic relaxation, peripheral vision, body scan & soften muscles)
- ☐ Maintain intentionality in work
- ☐ Maintain intentionality in personal life
- ☐ Make time away from demands
- ☐ Write in a journal
- ☐ Read literature that is unrelated to work
- ☐ Do something at which you are not an expert or in charge
- ☐ Let others know different aspects of you
- ☐ Be curious
- ☐ Say no to extra responsibilities
- ☐ Decrease stress in your life

Emotional Self Care

- ☐ Connect with others whose company you enjoy
- ☐ Love yourself
- ☐ Laugh
- ☐ Cry
- ☐ Play with animals
- ☐ Play with children
- ☐ Identify comforting activities, objects, people, places and seek them out
- ☐ Express anger is social action (ie letters to newspapers, donations, marches, gatherings)

Spiritual Self Care

- | | |
|---|---|
| <input type="checkbox"/> Spend time with God | <input type="checkbox"/> Have gratitude |
| <input type="checkbox"/> Spend time in nature | <input type="checkbox"/> Meditate/pray |
| <input type="checkbox"/> Find spiritual connection or community | <input type="checkbox"/> Listen to music |
| <input type="checkbox"/> Cherish optimism and hope | <input type="checkbox"/> Engage in artistic activity/expression |
| <input type="checkbox"/> Be open to not knowing | <input type="checkbox"/> Have experiences of awe |
| <input type="checkbox"/> Sing | <input type="checkbox"/> Be mindful of what is happening in your body
and around you |
| <input type="checkbox"/> Pray | <input type="checkbox"/> Make meanings from difficult periods |
| <input type="checkbox"/> Spend time with children | <input type="checkbox"/> Seek truth |
| <input type="checkbox"/> Be open to inspiration | |

Workplace Self Care

- ☐ Take time to eat lunch
- ☐ Take time to connect with co workers
- ☐ Make quiet time to complete tasks
- ☐ Identify projects or tasks that are exciting/rewarding
- ☐ Set limits with clients and colleagues
- ☐ Balance your workload so that you are not overwhelmed
- ☐ Arrange your workspace so that it is comfortable and comforting
- ☐ Get regular supervision and consultation
- ☐ Negotiate for your needs (benefits, pay raise)
- ☐ Have a peer support group