Too Tired to Care

Coping with Compassion Fatigue
After Work
How do you define compassion fatigue?

What in the world is it?
Why does it matter?
This is Compassion contentment.

Words to describe?
This is Compassion

Fatigue.
This is compassion fulfillment.

Words to describe?
This is... Compassion Fatigue. Words. To. Describe. ?!? I CAN'T HEAR YOU
Definitions & Terminology of Compassion Fatigue

Empathy Fatigue

Secondary Traumatic Stress

Burnout

Vicarious Traumatization

I-Could-Care-Less Malady

Sick-and-Tired-of-It Syndrome
Look over the Trigger sheet and identify

**Triggers**

healthcare professionals might feel when struggling with Compassion Fatigue.
Look over the *Symptom* sheet and name some symptoms healthcare professionals might feel when struggling with Compassion Fatigue.
SO . . . WHAT DOES COMPASSION FATIGUE HAVE TO DO WITH . . .

PATIENT CARE?

YOUR HAPPINESS AND JOB SATISFACTION?

HOSPITAL OUTCOMES AND BOTTOM LINES?
5 Suggestions to Help Us Recover and Start to Care Again

- Talk it out
- Recharge
- Use the word “No”
- Make a plan
- Nurture relationships

(and a bonus suggestion)
If you feel like this, then check out the next several ideas…

WORK?

Yeah.. No.
#1 – Talk it Out
#2 – Recharge
#3 – Learn to Say “No”
#4 – Make a Plan (Set Goals) and Stick to It!

**S.M.A.R.T. GOALS**

- **Specific**: Who, What, When, Where, Why, How?
- **Measurable**: How will you know when you’re done?
- **Attainable**: Is this realistic?
- **Relevant**: How does this fit into your life now?
- **Time-Bound**: When will you achieve your goal? What’s your deadline?

[Source: www.thriftysocialworker.com]
#5—Nurture Relationships at Work and at Home
Bonus Suggestion: Find Your Humor and Lighten Up

- Laughter increases respiration, aids oxygen exchange, and heightens muscular activity.
- Laughter contributes to a better-functioning cardiovascular system as well as to the sympathetic nervous system.
- Laughter sets off the body’s own pain-lessening enzymes.
- Like physical exercise, laughter reduces depression, stress, and hypertension. People who laugh heartily on a regular basis have lower standing blood pressure.
- Humor changes the physiological as well as attitude and behavior.

(Laughter, Joy, and Healing, D. Demaray)
Don’t let life and work stop you.
Go ahead and get your skate on.