

# RESILIENCY

## Resiliency During Crisis: Compassion Fatigue

“Burnout is what happens when you try to avoid being human for too long.”

– Michael Gungor



### Do you know the signs and symptoms of compassion fatigue?

- I have been feeling exhausted but have difficulty sleeping.
- I have noticed myself being more anxious and pessimistic.
- I have participated in fewer activities I enjoy.
- I have been quick to anger and not able to let go of work-related stresses.

If you answered yes to any of the statements, you're likely experiencing symptoms of compassion fatigue. Compassion fatigue is a combination of secondary traumatic stress (witnessing others' trauma) and growing burnout. The result is physical and mental exhaustion and results in challenges coping with everyday situations.

### To combat compassion fatigue try one of these solutions:

- Find ways to relax and take time every day to do so.
- Do something fun that energizes you.
- Focus on what you can control.
- Connect with friends and family who support you.
- Create a list of all the ways you care for others and acknowledge all the good you do every day.

Need more help? EAP: (314) 747-7490 – 24 hour, virtual hotline available  
Visit the BJC COVID-19 site for additional Wellness Resources – [covid19.bjc.org](https://www.covid19.bjc.org)