

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](https://www.bjc.org/covid19) site for additional Wellness Resources – [covid19.bjc.org](https://www.bjc.org/covid19)