


What is Compassion Fatigue?

Compassion Fatigue is when a caregiver is emotionally and physically exhausted or worn out. When this happens, the caregiver can show less empathy or feelings for another.



A caregiver's role requires empathy and compassion. Compassion means "to bear suffering". Caregiving can have rewards, but it also comes with sacrifice. It is important to look for Compassion Fatigue. It is a real condition. By being aware of how you feel and taking care of yourself, you can manage the day to day stress of caregiving.

What is Compassion Fatigue?

Signs & Symptoms of Compassion fatigue:

- Physical and/or Emotional Exhaustion
- Feelings of Dread or Guilt
- Irritability, Anxiety, or Anger
- Difficulty Sleeping
- Difficulty Making Decisions
- Feeling Disconnected
- Trouble Finding Meaning in Caregiving



What to do for Compassion Fatigue:

- Develop Self-care Plan Including:
 - Healthy Diet
 - Regular Exercise
 - Consistent Sleep
- Find Time for Social Connections
- Journaling
- Find a Caregiver Support Group
- Counseling/Therapy

Signs & Symptoms of Stress:

- Headaches
- Neck & Shoulder Tightness
- High Blood Pressure
- Trouble Sleeping
- Negative Attitude
- Mood Swings
- Forgetfulness
- Feeling of Isolation
- Increased Use of Alcohol, Drugs or Tobacco



Some Ways to Relieve Stress:

- Breathing Exercises
- Relax Your Muscles
- Spend Time outside
- Play with a Pet
- Listen to Relaxing Music
- Be Physically Active
- Take a Long Hot Bath or Shower
- Do Back Exercises to Prevent Injury

"This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1QHP28716 entitled "Gateway Geriatric Education Center Geriatrics Workforce Enhancement Program" for \$755,000 with 0% financed using non-federal sources. The contents are those of the author(s) and do not necessarily represent the official views, nor an endorsement by HRSA, HHS, or the U.S. Government."