



Managing Compassion Fatigue

What is Compassion Fatigue?

Exhaustion, cynicism, and feelings of ineffectiveness stemming from the amount of work and challenges to providing care. The emotional and physical exhaustion that uniquely affects individuals in the helping and service professions. Those feelings and experiences you get when you just can't care any more. A job hazard that needs greater attention.

Steps to Treating Compassion Fatigue:

1. (Recognize it)
2. (Accept it)
3. (Care for it)

The recipe for Self-Compassion:

1. Self-Kindness: treating yourself like you'd treat a friend.
2. Common Humanity: knowing you're not alone in your experience.
3. Mindfulness: being in the present, without judgment.

Positive change you want to adopt:

Helpful Books (found in most library systems):

"Man's Search for Meaning" by Viktor E. Frankl

"When Things Fall Apart" by Pema Chödrön

"The Mindful Path to Self-Compassion" by Christopher Germer

A Very Helpful Website:

Kristin Neff's Self-Compassion work: www.self-compassion.org