**The ABC’s of Preventing Compassion Fatigue**

**Awareness**

How does compassion fatigue affect your daily life?

- Ability to function is interfered with or altered
- Situation or incident does not seem “typical or ordinary”, it feels traumatic
- “Compassion stress” impinges upon or breaks through normal boundaries
- Regularly waking up tired in the morning and struggling to get to work
- Feeling as if you are working harder but accomplishing less?
- Becoming frustrated/irritated easily?
- Losing compassion for some people while becoming over involved in others
- Routinely feeling bored or disgusted
- Experiencing illness, aches, and pains

**Balance**

How can you keep balance in your life?

**Nurture yourself:**
- Practice self-care
- Take mini-escapes
- Nurture yourself by finding sources of pleasure and diversion
- Get medical treatment
- Get professional help

**Practice a blancing exercise:**
- List one thing that brings you joy
- Name 3 things you feel grateful for
- Reach out to those you love
- Think about something that made you laugh today

**Find your passion:**
- Find your hidden sources of energy & healing power
- Identify what fuels you
- Prioritize what you value

**Balance for your soul:**
- Have quiet time alone
- Become aware of what restores and replenishes you
- Find ways to acknowledge loss and grief
- Focus on what you can control
- Look at situations as challenges and opportunities

**Connections**

Talk your stress out with someone else

- Connect with those in your community:
  - Co-worker
  - Therapist
  - Clergy
  - Family
  - Friend
  - Supervisor

- Pets:
  - They accept whatever affection you are able to give them
  - They are basically invulnerable to “provider burnout”
  - Blood pressure and heart rate decrease when interacting with animals

**Build a positive system that supports you.**

**Information courtesy of:**

The American Institute for Stress:

stress.org/military/for-practitionersleaders/compassion-fatigue

Need Help? Call the Georgia Crisis Access Line: 1-800-715-4225
dbhdd.georgia.gov