

# COMPASSION FATIGUE

can lead to

# BURNOUT

Compassion fatigue (CF) is a product of physical/mental exhaustion and constant exposure to traumatic events. Some symptoms include:

- ▶ Reduced ability to empathize or sympathize
- ▶ Inability to sleep, constant stress dreams
- ▶ Hypersensitivity towards events that lead to emotional outbursts
- ▶ Changes in belief and work values
- ▶ Dread and anxiety when working with patients

Internalizing these feelings will lead to what's commonly known as burnout - the complete eradication of passion for one's profession.

- ▶ Cynicism for work-related activities
- ▶ Alienation from any social activity
- ▶ Detachment from work and productivity
- ▶ May be depressed, anxious, or suicidal
- ▶ Constantly angry, irritable, and critical

## HOW TO TREAT COMPASSION FATIGUE AND PREVENT BURNOUT



### 1 Find a Hobby That Sparks Joy

Utilizing days off to do something that makes you genuinely happy can greatly improve quality of life.



### 2 Nurture Relationships Outside of Work

It's great to be on good standing with coworkers, but interacting with people outside of your profession takes your mind off of the problems you may have with your work.



### 3 Keep a Gratitude Journal

Writing out your thoughts is a healthy way to relieve tension, so why not take it a step further and think of note-worthy events that occurred in the workplace that you are thankful for.



### 4 Cut Down on the Caffeine

There are studies that link caffeine to increased levels in anxiety and fatigue. The long-term outcomes of consuming caffeine daily severely outweigh the short-term benefits.



### 5 Listen to Your Body, Take Breaks

Take 5 minute breaks if you display physical signs of exhaustion like eye irritation or a headache. Use this time to rest your eyes and mind.

Experiencing compassion fatigue or burnout is normal, and can be managed when identified. Eisenhower Health cares for our nurses and provides the necessary health services to help; join our nursing team and visit our Career page for current job openings.

