

## SYMPTOMS OF COMPASSIONFATIGUE

### Physical Symptoms

- I have had increased absenteeism "sick days"
- I have been feeling physically ill
- I have been feeling fatigued
- I have been feeling keyed-up and nervous
- I am doing less rather than more exercise
- Normal sleep has been more difficult for me
- I have lost enjoyment in intimate and sexual activities

### Psychological Symptoms

- I have noticed myself being more cynical and pessimistic
- I noticed that I was trying to avoid feelings by numbing or shutting down.
- I have had work-related nightmares/bad dreams
- I have lost interest and enjoyment in activities
- I have difficulty in making decisions or making poor decisions
- I feel like I have lost some of my self esteem

### Emotional Symptoms

- I have anger directed toward my supervisors or co-workers
- I have been feeling flat, depressed, and hopeless more than I used to
- I have been more angry and irritable than normal
- I have moments of dread when thinking about going to work.
- I am having trouble finding hope
- I am less connected to my spiritual and religious beliefs than I used to be
- I have felt overwhelmed more than three times the past week

### Spiritual Symptoms

- I have been avoiding spending time with my friends and family
- I fear for the safety of myself and my loved ones
- I have engaged less rather than more in activities that used to bring me pleasure
- I have had a lack of time for self
- I find it difficult to trust others
- I have feelings of despair and hopelessness

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#### Professional Symptoms

- I have been unable to get work or something specific to work out of my head
- I have had unwanted memories pop up in my head of past events from work
- My productivity at work has been reduced
- I have felt like quitting my job more than once
- I find paperwork and menial tasks getting in the way of my enjoyment of work

Five or more could indicate that you are suffering from compassion fatigue symptoms  
For more complete testing, take the Professional Quality of Life Scale at [www.proqol.org](http://www.proqol.org)

## Compassion Fatigue “Antibodies”

1. **Self-regulation** - ability to immediately shift from sympathetic to parasympathetic dominance (especially when perceiving threat)
  2. **Intentionality** - Principle-based vs. demand driven; fealty to covenant
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3. **Perceptual Maturation/Self-validation** - other's reaction and valuation do not determine behavior; integrity > reputation
  4. **Connection** - develop and utilize support network
  5. **Self-care** - aerobic activity (3x/week) primary

Primary

Secondary