

Dedicated to Serving Those Who Serve

*"If you want to avoid
job burnout and
compassion fatigue,
it's best to make sure
that your job does not
consume you."
Dr. Doug Reichel*

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*This pamphlet is provided as a support
resource and is not intended to replace
recommendations from a physician or licensed
mental health professional.
Dial 911 for life threatening events.*

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Burnout and Compassion Fatigue



What is burnout and compassion fatigue?

Burnout

This can be defined as both physical exhaustion, and a consistent negative and cynical attitude.

Compassion Fatigue

This is a self-inflicted attitudinal injury that causes withdrawal from work and/or life that is in response to excessive stress or dissatisfaction.

Who can be affected by burnout and compassion fatigue?

- Those who have extensive contact with people either at work or in their personal life.
- Those who are compassionate and take pride in their work.
- Those who are committed to caring and doing well for others.
- Those who don't prioritize their own needs.



What are the affects on your health?

Burnout and compassion fatigue can have a negative impact on your physical health and mental wellbeing.

- It can cause a negative way of thinking that can lead to impatience, irritability and frustration.
- It can cause insomnia, restlessness and exhaustion.
- It can increase levels of Cortisol in your body that suppresses the immune system. This leads to increases in cholesterol and blood sugar levels which causes your body to create more abdominal fat that may attack nerve cells in your central nervous system.
- It can increase the risk of depression, and in some cases it can lead to post-traumatic stress disorder (PTSD).

Tips to Stay Resilient

- Participate in activities that are relaxing and enjoyable
- Do not take things personal
- Set realistic goals
- Take control over what happens to you at work and at home
- Maintain a proper diet
- Exercise regularly
- Get adequate and restful sleep
- Avoid harmful substances
- Have a good social support system
- Develop new interests
- Add variety to your daily routine
- Take responsibility for your actions and do not place blame on others



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