



Island County

Serving the communities of Camano & Whidbey Islands

District 1 News - April 14, 2020

What is Compassion Fatigue?



Compassion Fatigue

occurs when one experiences stress as a result of working with or being around those who are suffering due to traumatic experiences, illness, or other adversity.

Symptoms of Compassion Fatigue

- Excessive blaming
- Apathy, loss of pleasure
- Physical/Mental Exhaustion
- Isolation from others
- Feeling disconnected
- Abuse of substances to cope
- Poor self-care
- Impulsive behaviors
- Reoccurrence of nightmares
- Difficulty concentrating
- Chronic physical ailments

Coping with Compassion Fatigue

Studies have shown that **meditation** can help reduce stress and increase empathy in those experiencing compassion fatigue. Specifically, compassion based meditations such as the Loving Kindness Meditation can decrease stress response.

Self-care

- Practice healthy habits such as healthy eating, exercise, and getting restful sleep.
- Be kind to yourself.
- Set boundaries–Verbalize what does and doesn't work for you.

Talk to those who will validate your feelings.

Practice daily gratitude.

- Think of at least one thing you're grateful for each day.

Compassionfatigue.org

Walt, G & Bleuer, J. (2013). Loving kindness meditation: A promising practice for reducing stress and increasing empa-



If you need assistance with Compassion Fatigue or anything else during the COVID-19 Pandemic, please call: Island County Mental Health Call Line at **360-678-2346**