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• COMPASSION FATIGUE •

# KNOW THE SYMPTOMS

If you work with animals in a professional capacity, you could have compassion fatigue.
Visit: www.compassionfatigue.org

## COMPLAINING

Or moaning about other people & things to communicate/offload about the world. You get stuck in a cycle which is toxic. There are no results from this course of action and it is draining.
Try Meditation!

## EATING

Making bad decisions about food/drink is not going to keep your body in good health. if you are not eating properly your body will be vulnerable to the effects of stress & illness.
Try substituting healthy snacks!

## DEBRIEFING BUDDY

Low Impact disclosure (as in asking permission to speak to a friend). Group debriefing or support groups can help. Ask your work/colleagues about setting up a monthly debriefing. Or speak to your doctor.
What about a worry box/journal?

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## EXERCISE

The last thing you will feel like doing is exercise. Think of 3 small ways you can increase physical exercise. The knock on effects of exercise will improve many other aspects of your well being. Why not start a lunchtime walking or yoga group?

## SELF CARE

Find some time in each day to care for yourself. It could be 10 minutes on the couch, a massage or reading a really good book. Learn to say no when you are feeling pushed.
Why not create a transition ritual to give you a break between work & home?

## TRAUMA

Exposure to social media, TV etc. means you create a filter to cope with trauma outside of work.
Try taking a break from social media. Limit yourself to only 3 posts per week and do not share personal details publicly!