Noticing Signs of Compassion Fatigue

Which of these signs of compassion fatigue do you see in yourself or In your colleagues?

- ☐ Sweating
- ☐ Rapid breathing
- ☐ Increased blood sugar levels
- ☐ Increased illnesses
- ☐ Hypertension/High blood pressure
- ☐ Gastrointestinal complaints
- ☐ Brittle nails
- ☐ Dull hair
- ☐ Hot flashes
- ☐ Weight change/over or under eating
- ☐ Migraine headaches
- ☐ Fatigue/chronically tired
- ☐ Cracked teeth/Grinding teeth
- ☐ Panic attacks
- ☐ Physical appearance change
- ☐ Bruises
- ☐ Sleep disturbances
- ☐ Chronic lateness/absenteeism
- ☐ Workaholism
- ☐ Inability to maintain balance and objectivity
- ☐ Projection of anger or blame
- ☐ Low motivation
- ☐ Elevated startle response
- ☐ Frequent conflicts with co-workers
- ☐ Lack of appreciation
- ☐ Low morale
- ☐ Overly sensitive
- ☐ Diminished sense of personal accomplishment
- ☐ Isolation
- ☐ Stuck in negativity
- ☐ Cynical
- ☐ Divorce/interpersonal problems
- ☐ Withdrawal from activities
- ☐ Increased use of drugs and alcohol
- ☐ Feelings of dread
- ☐ Anguished "survivor" guilt
- ☐ Feelings of having given up
- ☐ Feelings of impending doom
- ☐ Irritability
- ☐ Less ability to feel joy
- ☐ Accident proneness
- ☐ Depression
- ☐ Low self-esteem
- ☐ Exhaustion
- ☐ Crying for no apparent reason
- ☐ Use of dark humor
- ☐ Poor impulse control
- ☐ Relapse to addictions
- ☐ Apathy
- ☐ Rigidity
- ☐ Perfectionism
- ☐ Disorientation
- ☐ Limited concentration/lack of focus
- ☐ Frequently losing things

How many of these signs have you experienced yourself in the last 10 days? _____

How many have you seen in your colleagues? _____