

# Compassion Fatigue



“Compassion Fatigue is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper.” Dr. Charles Figley

“Vicarious Trauma is the emotional residue of exposure that educators have from working with students as they are hearing their trauma stories and become witnesses to the pain, fear, and terror that trauma survivors have endured. It is important not to confuse vicarious trauma with “burnout”.” Perlman & Saakvitne, 1995

Compassion Satisfaction is the sum of all the positive feelings a person derives from helping others.

## From Compassion Fatigue to Compassion Satisfaction

### Resilience

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Self-Care

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Self-Management

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Levels of Self-Care



### Mind

1. \_\_\_\_\_



### Body

1. \_\_\_\_\_



### Soul

1. \_\_\_\_\_

*What is the cost of caring?*

*-Figley 1982*