Compassion Fatigue:
Connection to Trauma, Stages, and Assessments

Section 3

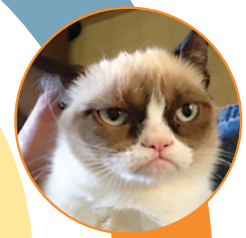
UNWELL vs. RENEWAL – A place of illness, fatigue, and state of overwhelm **or** hardiness, resiliency, and transformation.

COMPASSION RESILIENCE

BURN OUT

Unwell vs. Renewal

ZEALOT – We are committed, involved, and available, ready to problem solve and to make a difference. We are willing to go the extra mile.



IRRITABILITY – Anger and cynicism, diminished creativity, sadness, feeling helpless or hopeless.

Compassion Fatigue's Path

(Cycle is from work of Eric Gentry, PhD, 2012)

WITHDRAWAL – Overwhelmed by complexity, chronic exhaustion, physical illness, difficulty empathizing, feeling numb to other's pain, absenteeism.

ZOMBIE – A sense that you can't ever do enough, inflated sense of importance, sleeplessness, sense of persecution.