

Signs of Compassion Fatigue

- Headaches
- Insomnia
- Weight Loss or Gain
- Impaired Decision-Making
- Poor Work/Life Balance
- Poor Social Relationships
- Diminished Sense of Fulfillment
- Chronic Exhaustion
- Lack of Sympathy or Empathy
- Dreading Going to Work
- Ongoing Anger, Anxiety, or Irritability
- Less Friendly
- Hypersensitive or Desensitized

Promote Self Care

- Help your colleagues, be open about your feelings and create a positive work environment
- Allow for time for your own emotions, be compassionate to yourself
- Balance your work and home life
- Maintain your hobbies or find new ones, do something for yourself
- Eat a balanced diet, avoid stress eating
- Get regular exercise, even going outside every day for a walk
- Maintain a routine sleep & wake schedule, even on weekends

Helpful Links:

Professional Quality of Life website

[ProQOL](#)

[Beyond Burnout – The Moral Injury of Health Care Today](#)

Lippincott NursingCenter

There is no simple solution, but we need leadership willing to focus on a culture of safety and ethics.

[Six Strategies to Build Resilience](#)

Nursing made Incredibly Easy!

Learn six simple activities gleaned from theoretical studies and research findings to help clinical nurses reduce work-related stress, increase positive insight, and improve job performance.

[Well-Being and Resilience Among Health Care Workers During the COVID-19 Pandemic: A Cross-Sectional Study](#)

AJN, American Journal of Nursing

This study identified several work environment factors that have significantly affected health care workers' well-being and resilience during the COVID-19 pandemic. This knowledge has practical relevance for health care leaders who aim to better understand and address the well-being and resilience of the health care workforce during this pandemic and beyond.

