



# Working Through Compassion Fatigue

## What I'm Like When I Feel My Best

Write a check or a star next to the qualities you notice in yourself.

- Confident
- Clear-minded
- Connected
- Motivated
- Expressive
- Fun
- Creative
- Bold
- Patient
- Passionate

Others:

## Signs That I Am Stressed

Write a check or a star next to the signs you notice in yourself.

- Negative self-talk
- Anxiety/feeling overwhelmed
- Muscle tension or pain
- Irritability with people around me
- Fawning or people-pleasing
- Avoiding
- Feeling critical of myself or others
- Bullying or picking fights

Others:



## Signs That I May Be Headed Toward Burnout

Write a check or a star next to the signs you notice in yourself.

- Big changes in eating or sleeping
- Shutting down
- Exhaustion
- Shifting to more negative beliefs/worldview
- Loss of motivation
- Feeling like my empathy or compassion has “dried up”
- Lack of satisfaction in my role
- Feeling disconnected from myself
- Distrust in myself or others

Others:

## My Wellness Tools

Write a check or a star next to the tools that you are already using. Circle the tools that you want to try.

- Physical movement
- Music or nature sounds
- Reading
- Taking breaks
- Art
- Meditating
- Organizing
- Talking to a friend
- Journaling

Others:

## Tools That Help Me Re-set or Release Stress

Write a check or a star next to the tools that you are already using. Circle the tools that you want to try.

- Body scan
- Yoga
- Dance
- Drumming
- Massage
- Singing
- Martial arts
- Hot shower
- Lay on the floor
- Stress ball

Others:

## My Personal Resilience Plan

These are events or experiences that are difficult for me:

These are tools or strategies that I can lean on to help myself:

These are people I can count on to support me:

My environment: This is how I want to feel when I’m in my workspace:

## Personal Boundaries

These are personal boundaries that I want to work on (pick 1-3 to focus on):

- Acknowledge my limits
- Making my needs a priority
- Avoiding over-committing myself
- Limiting time with people who trigger me
- Giving myself breaks
- Communicating directly
- Giving myself permission to say “no”
- Practicing detachment from others’ actions

Others:

others’ actions

# Developing Supportive Relationships and Teams

These are ways that I want to be supported by my team members:

These are ways that I want to be supported by my supervisor:

These are ways that I want to support my team members:

These are activities that I'm interested in doing with my team and/or wellness buddy (i.e. going offsite, cooking together, etc.):