

## Connecting the Concepts of Caring Safely

For each concept below, write out a definition that makes sense to you. You can also include a brief example of a time you've experienced each. Don't go into too much detail, just begin to notice when these experiences are happening for you.

**Compassion:**

**Compassion Satisfaction:**

**Compassion Fatigue:**

**Vicarious Trauma:**

**Burnout:**

**Post Traumatic Vicarious Growth:**

**Sustainable Caring:**

**Additional Notes:**