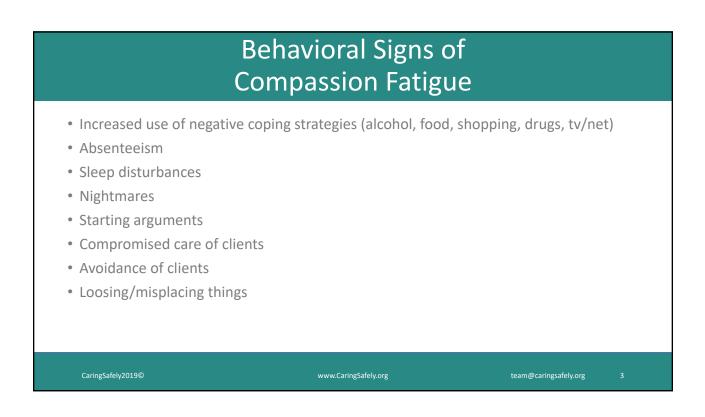
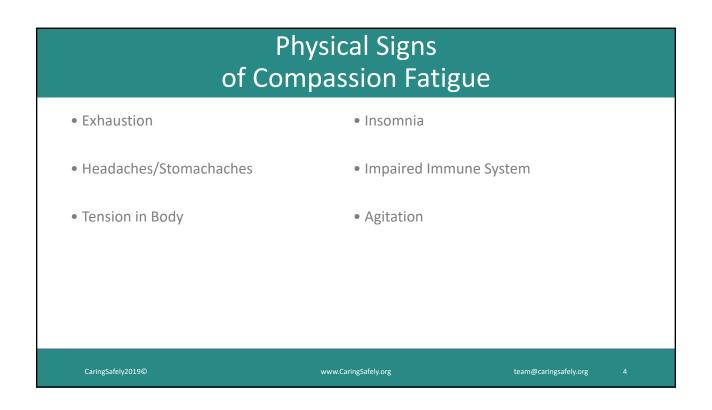


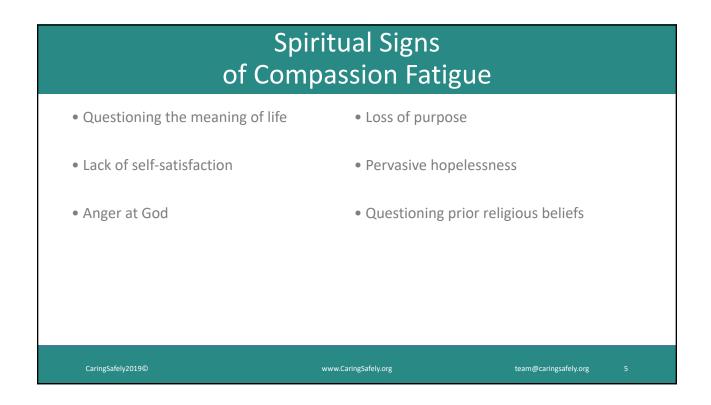
# Signs and Symptoms

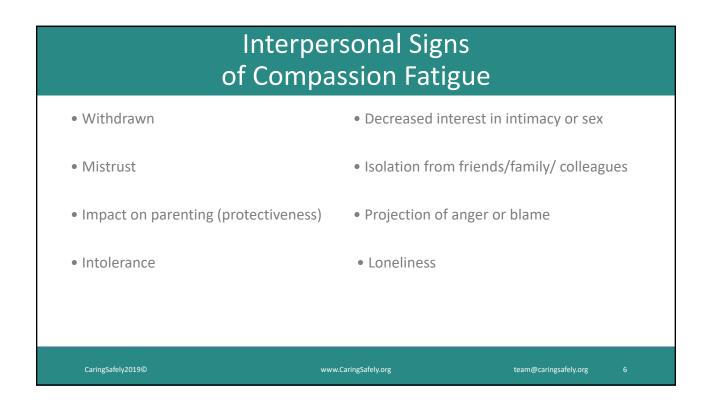
- The Signs and Symptoms of Compassion Fatigue
- Professional Quality of Life Scale
- The Silencing Response
- Your Warning Signs

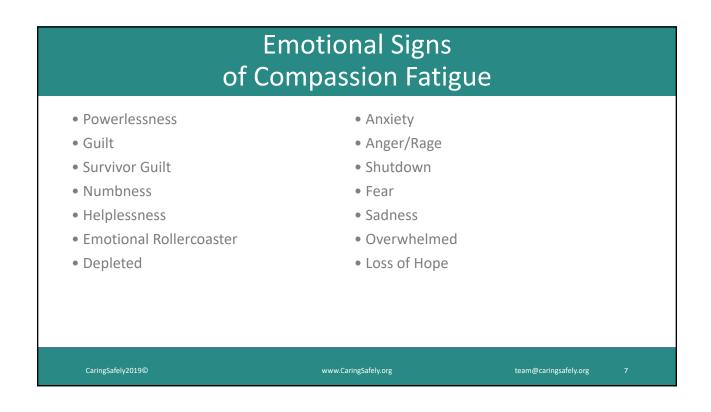
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Cognitive Signs	
of Compassion	Fatigue

- Difficulty concentrating
- Distracted/Feeling Spacey
- Preoccupation with trauma
- Rigidity
- Negative self-talk
- Perfectionism
- Heightened anxiety/irrational fears
- Confusion

- Decrease self-esteem
- Intrusive thoughts/images trauma
- Whirling thoughts
- Self-doubt
- Minimization
- Difficulty separating personal and professional lives.

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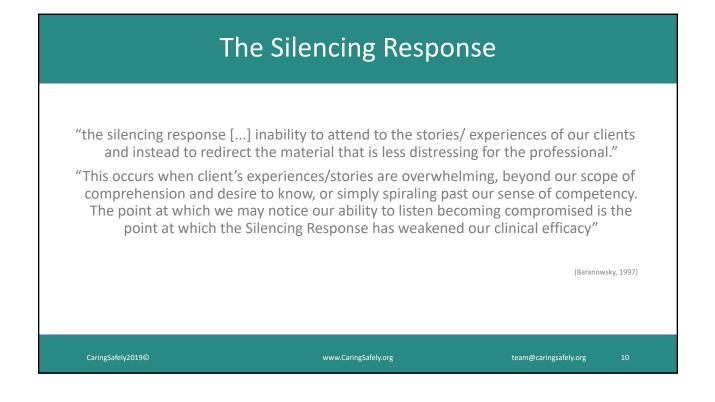
## Work Related Signs of Compassion Fatigue

- Decreased feeling of work competence
- Increased transference/ countertransference
- The Silencing Response
- Too tired for professional Development
- Thinking about leaving the field

- Dread of working with certain clients
- Diminished sense of purpose
- Less enjoyment with career
- Not taking vacation days/too many
- Hard to see the wins

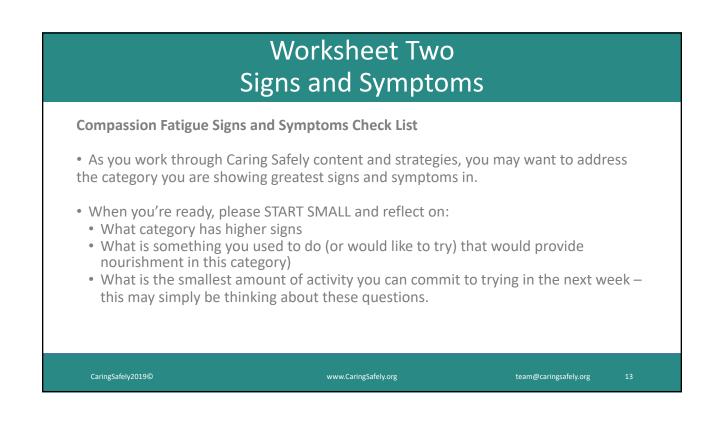
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#### Examples of the Silencing Response • Changing the subject • Avoiding the topic • Minimizing client distress • Wishing or suggesting the client would • Boredom "just get over it" • Using humor to change or minimize the • Angry or sarcastic with the client Subject • Faking interest or listening (hard to pay attention) • Fearing what the client has to say • Fearing you will not be able to help • Blaming clients for their experience • Not believing clients (Baranowsky, 1997) CaringSafely2019©



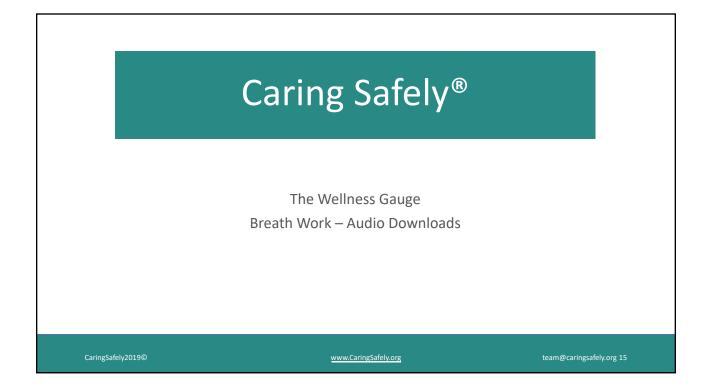


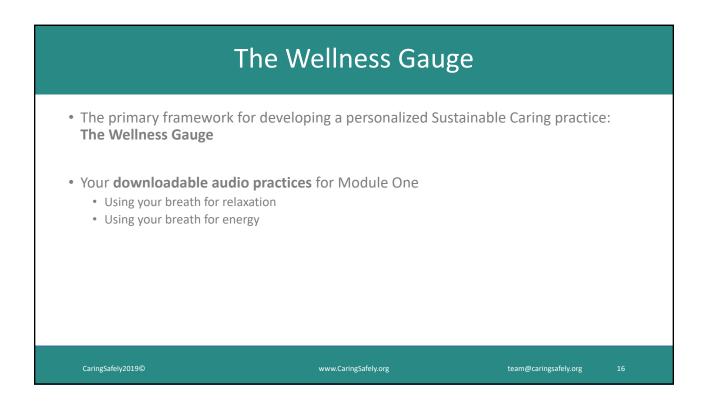


The more awareness you build around your warning signs, the earlier you can use your strategies to reduce any signs and symptoms.

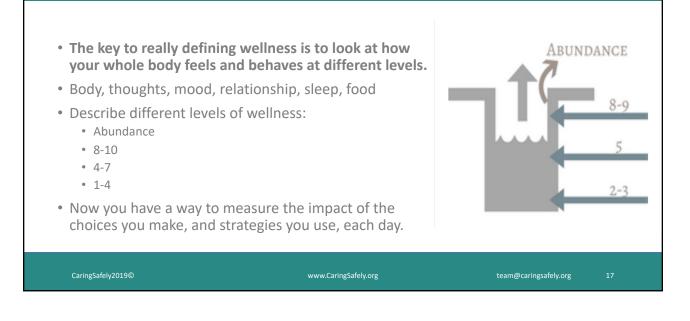
As you increase awareness, you will notice earlier and earlier warning signs.

You will often hear my say this about healing/growth/change, "It's gonna get weird, before it gets better".





## The Wellness Gauge





## **Audio Practices**

Using your breath to impact your body:

- There are two short (three minutes) guided breathing practices in this module
- The first one is a three minute breathing practice for energy. This is a short breathing practice that should help you increase your energy when you're feeling sluggish, tired, low motivation, procrastination.
- The second one is a three minute breathing practice for relaxation. This one is to help your body relax when you're feeling stressed or anxious or agitated. This can also be a nice practice to use as soon as you get into bed to help you relax and sleep. If you wake in the middle of the night, with racing thoughts, try this practice as soon as you can to promote relaxation and focus the mind on the breath.
- These are designed to be short practices so that you can realistically add them to your day/evening, regardless of how busy your schedule is.

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