

# Compassion Fatigue Signs and Symptoms

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<b>Behavioural</b>	<b>Physical</b>	<b>Spiritual</b>	<b>Interpersonal</b>
Losing Things	Rapid Heart Rate	Questioning the meaning of life	Withdrawn
Snippy/sarcastic/dark humour	Difficulty Breathing	Loss of purpose	Decreased interest in intimacy or sex
Withdrawn	Aches and Pain	Lack of self-satisfaction	Mistrust
Increased outburst of anger	Headaches	Pervasive hopelessness	Isolation from family/friends
Sleep Disturbances	Stomach aches	Anger at God	Impact on parenting (protectiveness)
Appetite Changes	Loss of Appetite	Questioning prior religious beliefs	Projection of anger/blame
Accident proneness/clumsy	Dizziness	Not engaging in spiritual self-care	Intolerance
Dreaming about clients/patients	Poor Immune System	Letting go of yoga/meditation practice	Loneliness
Hyper Vigilance	Never feeling rested	No longer feeling connected to others/earth	Lowered functioning in non-professional situations
Negative Coping (smoking/alcohol/substances/shopping)	Difficulty relaxing		Difficulty separating work from personal life

<b>Emotional</b>	<b>Cognitive</b>	<b>Work Related</b>	
Moody	Hard to concentrate	Feeling less competent	
Irritable	Distracted	Dread of working with certain people	
Powerlessness	Loss of meaning	Transference/counter transference in work	
Anxiety	Decreased self-esteem	Less sense of purpose	
Anger/Rage	More judgemental of self/others	Less enjoyment with career	
Survivor Guilt	More critical of self/others	Dreading "Mondays"	
Shutdown/Numbness	Rigid thinking patterns	Wanting to call in sick	
Fear	Whirling/Rapid thoughts	Thinking of leaving the field	
Helplessness/Hopelessness	Perfectionism	Dark Humour with colleagues	
Sadness	Preoccupation with trauma	"Not making a difference"	
Hypersensitivity	Indecisive	"Why bother"	
Emotional roller coaster	Decision Fatigue	Pessimism with colleagues	
Overwhelmed	Second guessing self	Disconnect from colleagues	
Depleted	Intrusive thoughts/images of trauma		