



SELF CARE FOR HELPERS

Strategies for family, friends, or colleagues who are experiencing compassion fatigue.



WHAT IS COMPASSION FATIGUE?

- Experiencing the emotional and physical toll of caring for others and supporting them through their pain.
- Resulting from the desire to alleviate other's suffering or distress.



WHAT ARE SOME SIGNS OF COMPASSION FATIGUE

- Exhaustion, irritability, easy to anger, reduced ability to empathize, sleeplessness, withdrawal, change in appetite, detachment, headaches.



WHAT ARE EXAMPLES OF SELF-CARE?

- The practice of taking action to preserve or improve one's emotional, physical, spiritual, or mental health.
- Breathing exercises, physical exercise, drinking a warm drink, getting fresh air, going on a walk, reading a book, getting enough sleep, establishing healthy boundaries, practicing positive affirmations and self-compassion, seeking support from others.

*Self-love has very little to do with how you feel about your outer self.
It's about accepting all of yourself - Tyra Banks*