

Caregiver Compassion Fatigue



POSITIVE SCHOOL CULTURE SUPPORT

PROACTIVE. RESPONSIVE. EFFECTIVE.

- The **physical and mental exhaustion and emotional withdrawal** experienced by those who care for sick or traumatized people over an extended period of time.
- **Apathy or indifference** toward the suffering of others as the result of **overexposure** to tragic news stories and images and the subsequent appeals for assistance.
- **“The cost of caring”**

WHAT IS
COMPASSION
FATIGUE?

COMPASSION FATIGUE



- Term used for professionals in the helping field
- Caring for those who are distressed takes a toll
- When the “work” is 24/7

ADDITIONAL STRESSORS

COVID-19 Pandemic

Sick or lost loved ones

Changing guidelines

Social distancing

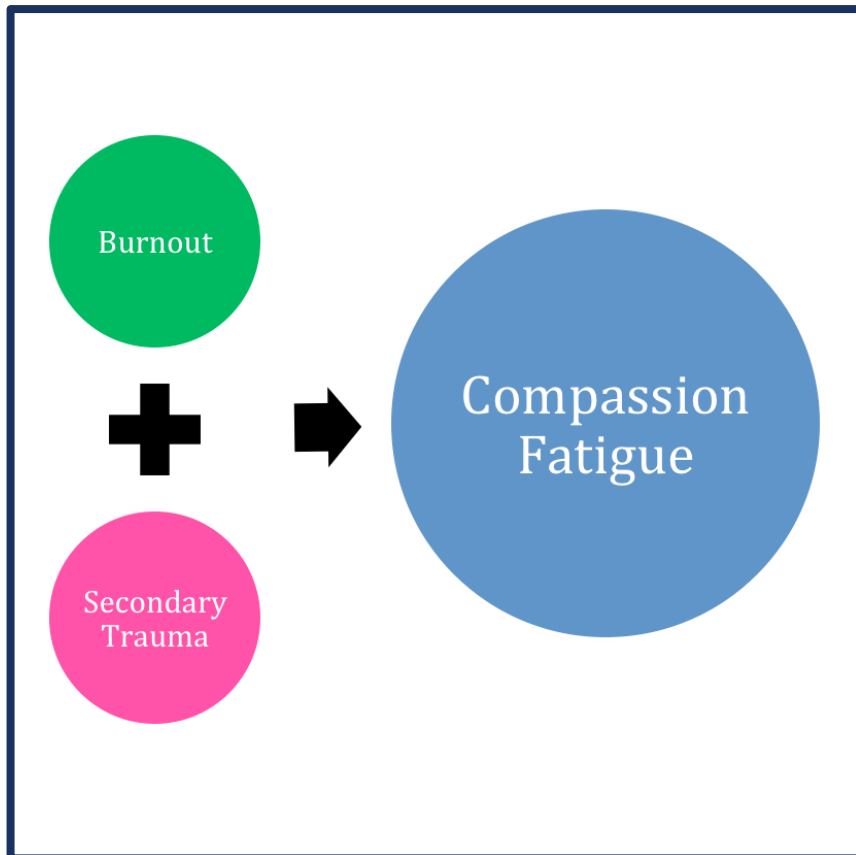
Virtual learning

Separation from friends/family

Overwhelming news reports

Social media overload

BEYOND BURNOUT



Identifying with the following statements:

- *I can't even...*
- *I have nothing left to give.*
- *I'm done.*

Left with little or no empathy and compassion

SIGNS AND SYMPTOMS OF COMPASSION FATIGUE

Irritability

Anger

Depression

Anxiety

Exhaustion

Physical Symptoms

Issues with sleep

Feelings of self doubt

Feeling detached

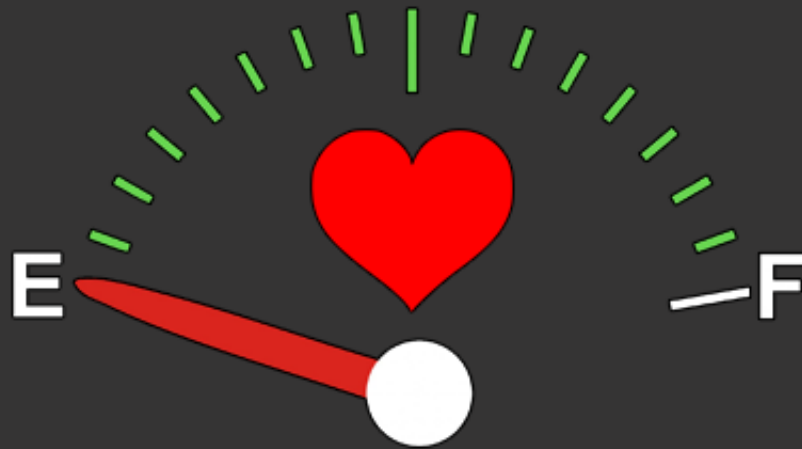
Lower life satisfaction

Destructive behaviors

Decreased empathy

RUNNING ON EMPTY?

COMPASSION FATIGUE?



Awareness and Prevention are key!

WAYS TO HELP WITH FATIGUE

Take short breaks during the day (music, deep breaths, walk, stretch)

Connect with positive people

Limit exposure to traumatic events/negativity (maybe a social media break)

Write down your to-do list

It's ok to say no

Sleep, diet, exercise, drinking lots of water

Positive outlets/hobbies

WAYS TO HELP WITH FATIGUE

Try not to compare yourself to others

Look for opportunities to laugh

Be kind to yourself

Practice gratitude

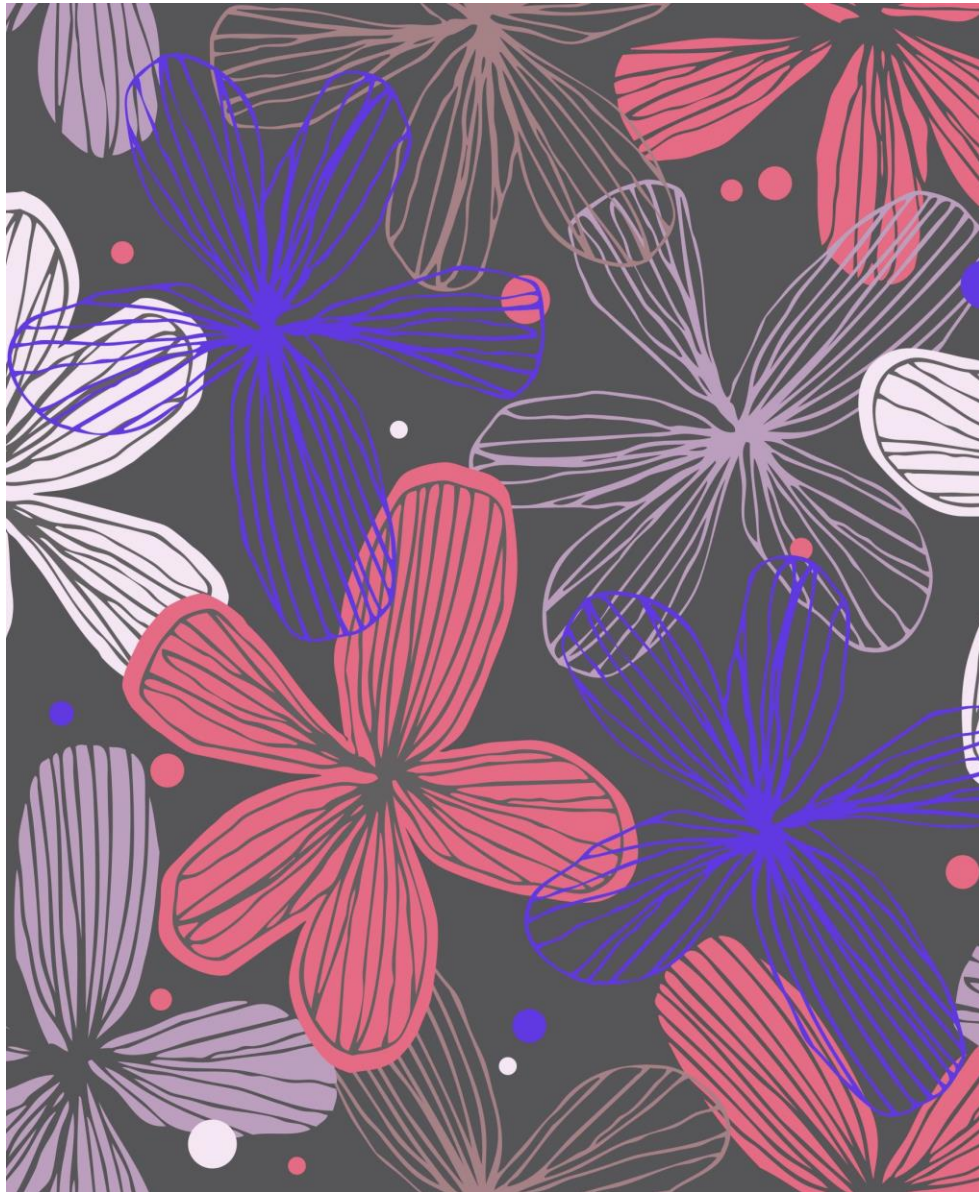
Monitor feelings of self doubt

Reach out for help when needed



“ALMOST EVERYTHING WILL WORK
AGAIN IF YOU *unplug* IT
FOR A FEW MINUTES, INCLUDING YOU.”

— ANNE LAMOTT



FINDING OUR
MICRO
MOMENTS OF
HAPPINESS
AND COMFORT

TRUE SELF-CARE IS...

Setting
healthy
boundaries

Being
intentional

Making small,
daily changes

RESOURCES

[The Compassion Fatigue Awareness Project](#)

[Cobb's Virtual Calming Center](#)



BEING INTENTIONAL



What is something discussed today that you would like to remember or implement moving forward?

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