

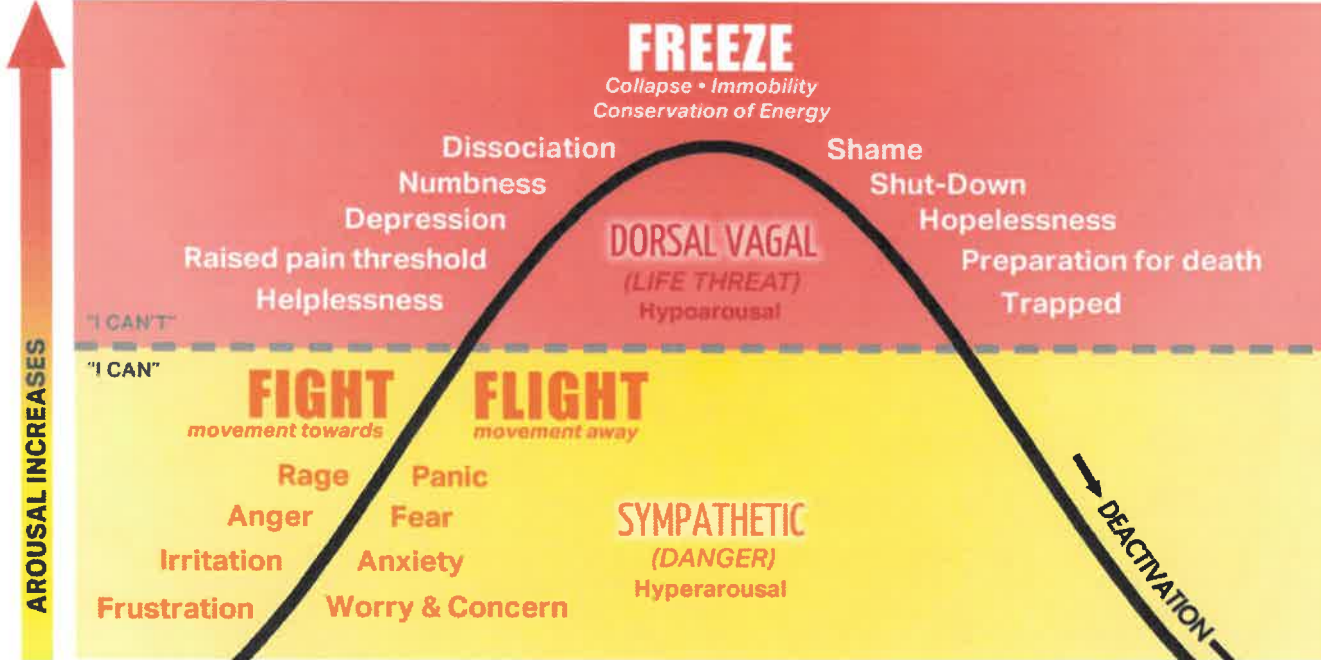
Compassion Fatigue Symptom Examples

Emotional	Behavioral	Spiritual	Personal Relationships	Physical/Somatic	Work Performance
Powerlessness	Impatient	Questioning the meaning of life	Withdrawal	Elevated startle response	Low morale
Anxiety	Moody/ Irritable	Loss of purpose	Decreased interest in intimacy or sex	Sweating	Low motivation
Guilt	Withdrawn	Lack of self-satisfaction	Mistrust	Rapid heartbeat	Avoiding tasks
Anger/Rage	Sleep disturbance	Pervasive hopelessness	Isolation from others	Breathing difficulties	Obsession about details
Survivor Guilt	Accident proneness	Anger at God	Overprotective as a parent	Aches & pains	Apathy
Numbness	Losing things	Negative world view	Projection of anger or blame	Muscle tension	Negativity
Fear	Difficulty concentrating	Loss of faith in a higher power	Intolerance	Appetite changes	Feeling unappreciated
Resentment	Rigidity	Greater skepticism about religion	Loneliness	Dizziness	Detachment
Helplessness	Addictions		Increased interpersonal conflicts	Fatigue	Poor work communication
Sadness	Perfectionism		Lack of empathy	Digestive problems	Staff conflicts
Depression	Minimization		Self-criticism/judgment	Impaired immune system	Absenteeism
Emotional roller coaster	Invasive thoughts			Increased number and intensity of medical problems	Exhaustion
Depleted	Thoughts of self-harm or harm to others			Hypervigilance	Irritability
Overly sensitive	Over-exaggerated sense of responsibility				Withdrawal from colleagues
Low self-esteem					



POLYVAGAL CHART

The nervous system with a neuroception of threat:



PARASYMPATHETIC NERVOUS SYSTEM

DORSAL VAGAL COMPLEX

Increases

Fuel storage & insulin activity • Immobilization behavior (with fear)
Endorphins that help numb and raise the pain threshold
Conservation of metabolic resources

Decreases

Heart Rate • Blood Pressure • Temperature • Muscle Tone
Facial Expressions & Eye Contact • Depth of Breath • Social Behavior
Attunement to Human Voice • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases

Blood Pressure • Heart Rate • Fuel Availability • Adrenaline
Oxygen Circulation to Vital Organs • Blood Clotting • Pupil Size
Dilation of Bronchi • Defensive Responses

Decreases

Fuel Storage • Insulin Activity • Digestion • Salivation
Relational Ability • Immune Response

The nervous system with a neuroception of safety:



PARASYMPATHETIC NERVOUS SYSTEM

VENTRAL VAGAL COMPLEX

Increases

Digestion • Intestinal Motility • Resistance to Infection
Immune Response • Rest and Recuperation • Health & Vitality
Circulation to non-vital organs (skin, extremities)
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) • Ability to Relate and Connect
Movement in eyes and head turning • Prosody in voice • Breath

Decreases

Defensive Responses

Self-care Inventory

Adapted from The Compassion Fatigue Workbook

By Francoise Mathieu

How frequently do you engage in the following?

0=never 1=rarely 2=sometimes 3=often 4=frequently

Physical Self-care

- Eat regular meals
- Eat food that is healthy for your body
- Exercise
- Preventative medical care
- Medical care when needed
- Take time off when sick
- Get massages
- Engage in fun physical activity (e.g. dancing, swimming, play sports, cycling, walking, running, etc.)
- Take time to be sexual-- with yourself or a partner
- Get enough sleep
- Wear clothes you like
- Take time off
- Make time away from telephones and computers
- Other: _____

Psychological Self-care

- Make time for self-reflection
- Read literature unrelated to work
- Write in a journal

- Work with a therapist/counselor
- Intentionally decrease stress
- Be curious
- Noticing your inner experience (e.g. thoughts, judgements, beliefs, attitudes, feelings)
- Practice receiving from others
- Say no to extra responsibilities
- Delegate responsibilities when possible
- Do something where you are not an expert or in charge
- Make time for creative expression
- Create time for rest
- Uni-task (vs. multi-tasking)
- Other: _____

Emotional Self-care

- Connect with others whose company you enjoy
- Stay in contact with important people in your life
- Acknowledge your successes
- Encouraging “self-talk”
- Offer yourself compassion when you are struggling
- Laugh
- Allow yourself to cry
- Express anger through social action (e.g. letters, protests, marches)
- Play with children
- Play with animals
- Identify and seek out activities/people/places that bring you comfort
- Re-read favorite books or poems, re-watch favorite movies
- Identify and communicate your needs within your family and/or the workplace
- Other: _____

Spiritual Self-care

- Spend time in nature
- Access spiritual connection or community
- Cherish your optimism or hope
- Be open to not knowing
- Sing
- Pray
- Meditate
- Have gratitude
- Have experiences of awe
- Be open to inspiration
- Listen to music
- Contribute to causes you believe in
- Read inspirational literature or watch inspirational videos
- Cultivate mindfulness of your own experience and of the world around you
- Make meaning from the difficulties you encounter

Professional Self-care

- Take time to eat lunch
- Take a short break during the workday
- Take time to connect with your co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are rewarding or exciting
- Set limits with clients and colleagues
- Engage in mindful debriefing
- Balance your workload so it is less overwhelming
- Create a workspace that is pleasing and comfortable
- Get regular supervision and consultation
- Negotiate for your needs (e.g. benefits, pay raise, etc.)

- Have a peer support group
- Other: _____

Balance

- Strive for balance WITHIN your work-life and workday
- Strive for balance BETWEEN work, family, relationships, play and rest.

Now, circle one item from each subheading that you'd like to raise one level (e.g. from "sometimes" to "often") over the next couple of weeks.