Compassion Fatigue: When Helping Hurts

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What is Compassion Fatigue?

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

https://www.merriam-webster.com/dictionary/compassion%20fatigue

ProQOL

Professional Quality of Life Measure

ProQOL

01 Compassion Satisfaction

02 Burnout

03 Secondary Traumatic Stess

Compassion Satisfaction

Compassion satisfaction is about the pleasure you derive from being able to do your work well. For example, you may feel like it is a pleasure to help others through your work. You may feel positively about your colleagues or your ability to contribute to the work setting or even the greater good of society.

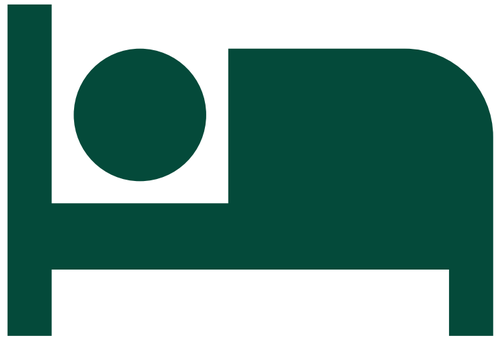
Secondary Traumatic Stress

Secondary Traumatic Stress is about your work related, secondary exposure to extremely or traumatically stressful events. Developing problems due to exposure to other's trauma is somewhat rare but does happen to many people who care for those who have experienced extremely or traumatically stressful events.

Burnout

From the research perspective, burnout is one of the elements of Compassion Fatigue(CF). It is associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively. These negative feelings usually have a gradual onset. They can reflectthe feeling that your efforts make no difference, or they can be associated with a very high workload or a non-supportive work environment..

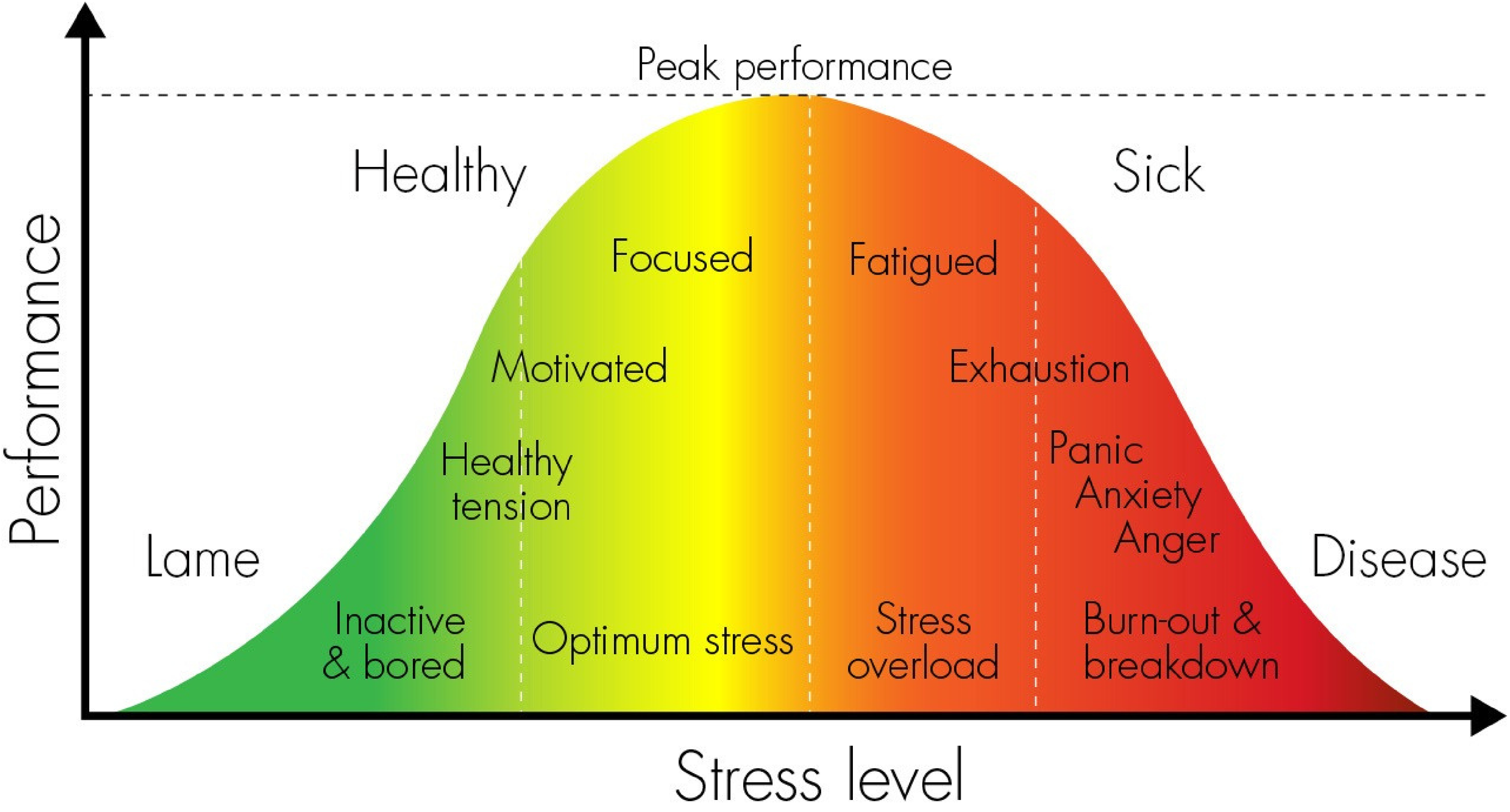
Signs of Compassion Fatigue



- Exhaustion
- Irritability
- Sleeping issues
- Weight fluctuation
- Headaches
- Poor job satisfaction
- Isolation
- Concentration issues
- Feeling overwhelmed
- Anxiety
- Detachment
- Mood shifting
- Becoming pessimistic
- Addiction
- Muscle tension
- Loss of productivity
- Depression
- Hopelessness

Stress Curve

Yerkes-Dodson Stress Curve


Peak performance
Healthy
Sick
Performance
Focused
Fatigued
Motivated
Exhaustion
Healthy
tension
Panic
Anxiety
Anger
Lame
Disease
Inactive
& bored
Optimum stress
Stress
overload
Burn-out &
breakdown
Stress level

References

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