

Red Flags - Compassion Fatigue

Although symptoms vary, the following red flags may indicate that you may have compassion fatigue:

- **Abusing drugs, alcohol or food**
- **Anger**
- **Blaming**
- **Chronic Lateness**
- **Depression**
- **Diminished sense of personal accomplishment**
- **Exhaustion (physical or emotional)**
- **Frequent headaches**
- **Gastrointestinal complaints**
- **High expectations**
- **Hopelessness**
- **Hypertension**
- **Inability to maintain balance of empathy and objectivity**
- **Increased irritability**
- **Less ability to feel joy**
- **Low self-esteem**
- **Sleep disturbances**
- **Workaholism**

To Test Yourself – The Compassion Satisfaction and Fatigue (CSF) Test

Dr. Beth Hudnall Stamm and colleagues of the Institute of Rural Health, Idaho State University, have developed tests of traumatic stress, post-traumatic stress, and compassion, satisfaction and fatigue. To review the Compassion Satisfaction and Fatigue self-test, please visit: <http://www.isu.edu/~bhstamm/tests.htm>

Excerpted from "Compassion Fatigue: The Professional Liability for Caring Too Much"

Compassion Fatigue and Burnout Web Sites

Secondary Trauma of Compassion Fatigue in Caretaker and Helping Professionals

www.ace-network.com/cfspotlight.htm

Compassion Fatigue

www.vaonline.org/care.html

Compassion Fatigue Articles

www.vaonline.org/doc_compassion.html

Overcoming Compassion Fatigue

www.aafp.org/fpm/20000400/39over.html

Overcoming Compassion Fatigue

<http://pspinformation.com/caregiving/thecaregiver/compassion.shtml>

Green Cross Foundation

http://www.greencross.org/_Research/CompassionFatigue.asp

Burnout

UCLA School Mental Health Project/Center for Mental Health in Schools

<http://smhp.psych.ucla.edu/>

(Click on Center Materials, then Introductory Packets, then Section B, #5
"Understanding and Minimizing Staff Burnout")

Reducing Occupational Stress

<http://www.workhealth.org/prevention/prred.html>

National Education Association

<http://www.nea.org>

(Search burnout)