

## Worksheet: Signs and Symptoms of Compassion Fatigue RC Form 5.1

### SELF – AWARENESS WORKSHEET

Do you experience any of the following as a result of work? Check those that apply. Put a double check next to those items that feel constant.

- Emotional numbing, feel “shut down”
- Social withdrawal
- Work-related nightmares
- Work-related intrusive thoughts
- Feelings of despair and hopelessness
- Loss of sense of spirituality
- More negative view of the world
- Reduced sense of respect for some of the people you support
- Loss of enjoyment of sexual activity
- Feel that you can’t discuss work with family or friends
- Find that you talk about work all the time (can’t escape)
- Sense of disconnection from your loved ones
- Increased sense of danger (reduced sense of safety)
- Increased fear for safety of children or loved ones
- Sense of cynicism or pessimism
- Increased illness or fatigue, aches and pains
- Increased absenteeism, “sick days”
- Greater problems with boundaries, limit-setting (either at work or at home)
- Ethical violations
- Difficulty making decisions or making poor decisions
- Reduced productivity
- Reduced motivation for your work
- Loss of sense of control over your work and your life
- Lowered self-esteem, sense of competence in your work
- Difficulty trusting others
- Lessened interest in spending time alone
- Less time spent reflecting on your own experiences
- Other:

## Worksheet: Assessment of Support Person Self Care (Adapted from RC Form 5.4)

How frequently do you do the following?

0	1	2	3
Never	Rarely	Sometimes	Often

### Physical Self-Care

- Eat regularly and healthy (3 meals per day)
- Exercise
- Get regular medical care
- Take time off when you are sick
- Take time to be sexual – with partner, with yourself
- Get enough sleep
- Take vacations

### Psychological Self-Care

- Take day trips or mini vacations
- Make time for reflection or just being still (rather than doing)
- Have your own personal counseling
- Do something at which you are not expert or in charge
- Practice receiving from others
- Say no to extra responsibilities sometime

### Emotional Self-Care

- Spend time with others who you really enjoy
- Show compassion to yourself
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action – letters, donations, marches
- Play with healthy children

### Spiritual Self- Care

- Spend time in nature
- Find a spiritual connection or community
- Pray
- Meditate
- Sing
- Read, watch, listen to things that are inspirational
- Connect with things larger than oneself
- Think about or write down things you are grateful for

### Workplace/Professional Self-Care

- Take time to eat lunch
- Take time to chat with co-workers
- Identify projects or tasks that are exciting and rewarding
- Set limits with people I support and colleagues
- Arrange your workspace so that it is comfortable and comforting
- Negotiate for your needs (hours, benefits, raise)
- Develop a non-trauma professional area of interest