

Compassion Fatigue & Self-Care

Quick Tips for Everyone



Living through stressful and traumatic experiences and providing support to others can cause individuals to become stressed and overwhelmed, which in turn reduces the ability to demonstrate care and empathy. This experience, called compassion fatigue, can lead to stress and trauma, especially for anyone trying to help others during difficult times.

Below are self-care strategies that can help reduce feelings of compassion fatigue and support individuals during times of stress.

If you have 2 minutes...



- Breathe
- Stretch
- Drink Water
- Take a break
- Grab a snack
- Look out the window
- Listen to your favorite song

If you have 5 minutes...



- Answer that email sitting in your inbox
- Make yourself a cup of coffee or tea
- Have a dance party
- Write a thank you note
- Watch a fun video online
- Step outside for fresh air

If you have 10 minutes...



- Sit outside
- Declutter your workspace
- Plan a virtual get together
- Read a book
- Listen to a podcast
- Take a coloring break
- Play with your kids or pets
- Write down 3 things you are thankful for

If you have 30 minutes...



- Take a walk
- Do a workout
- Hop in the shower
- Take a nap
- Call a friend or family member to check in
- Write a "to do" list or calendar your week
- Step away from your computer to eat lunch