

UAB HIGHLANDS EMPLOYEE NEWSLETTER



Courtesy of the UAB Employee Assistance & Counseling Center

What is compassion fatigue?

Caring for others is an attribute at the heart of many who go into careers such as nursing or any helping profession. When caring for others becomes overwhelming or unbalanced, it may be the result of compassion fatigue. Compassion fatigue is also known as having a “heavy heart” and can impact both work and professional life.

Below are signs of compassion fatigue:

- Mood swings
- Feelings of cynicism and hopelessness about your job
- Anger at how things are and your inability to change them
- Physical ailments such as fatigue, headaches, and trouble sleeping
- Mental ailments such as depression, anxiety, and feelings of guilt
- Emotional withdrawal from important relationships
- Work performance issues such as a breakdown in work relationships, tardiness, and absenteeism

**Remember you can't take care of anyone
until you first take care of yourself.**

Recovery from Compassion Fatigue

- Allow time for a regular activity that lets you unwind and de-stress.
- Exercise regularly & eat a balanced diet.
- Find an emotional outlet.
- Know your limits: emotional, physical, and mental.
- Contact the EACC for confidential counseling services to address compassion fatigue.

The UAB Employee Assistance and Counseling Center is an employee benefit designed to provide UAB, UAB Medicine, VIVA and Homewood Board of Education employees and their immediate household members with resources for resolving work-related and personal problems. The EACC provides confidential counseling and employee assistance, community referral, supervisor consultation, crisis management and a variety of educational programs to support successful work/life integration and provide practical tools for balance in all areas of life. Services are provided as an employee benefit at no cost to our clients.

For more information on EACC services, visit uab.edu/eacc or call 205-934-2281.