

# STRATEGIES for MINDFUL LIVING

## FOR HOMEWOOD CITY SCHOOL SYSTEM EMPLOYEES

Courtesy of 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.

### 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



### 5 TIPS FOR RECOVERING FROM COMPASSION FATIGUE

1. Allow time for a regular activity that lets you unwind and de-stress.
2. Exercise regularly and eat a balanced diet.
3. Find an emotional outlet.
4. Know your limits: emotional, physical and mental.
5. Contact the EACC for confidential counseling services to address compassion fatigue — call 205-934-2281 or visit [uab.edu/eacc](http://uab.edu/eacc).

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