

# COMPASSION FATIGUE

## WHAT IS IT AND HOW DOES IT APPLY TO ME?

This document is to give a snapshot of moral injury and how it applies to us in the workplace and our everyday lives.

## WHAT IS IT?

Compassion Fatigue [CF] is the physical, emotional, and psychological impact of helping others oftentimes through periods of stress or trauma. When experiencing CF, it is common that the person wants to continue helping individuals, however, they don't possess the capability to continue as a result of their nervous system being constantly overwhelmed. CF develops from those individuals who are extraordinarily dedicated to the point that they not only neglect their daily self-care, take work home, they also don't take time off for themselves. As a result they become less empathetic to those they work with and begin having more feelings of irritability, resentment, cynicism, and irrational fears.

## HOW DOES IT APPLY TO ME?

Even though CF is often times attributed to front line workers, social workers, and caregivers, it is common for education professionals to also experience it. Daily as an educational professional it is common we come into contact with children who are not being well taken care of and/or have had traumatic experiences. In some cases we are even told what is happening and we are woefully under prepared and under supported when this happens. This can cause fear and unsettling emotions of how we cope with seeing students day to day knowing the horrors they face at home. Thinking about this in the context of our work is increasingly important to be aware if we begin experiencing CF so that we can integrate better self-care practices and support systems.

## REFERENCES

[Compassion Fatigue](#)    [Psychology Today: Compassion Fatigue](#)

[Are You Experiencing Compassion Fatigue](#)