

# Compassion Fatigue



**Compassion fatigue is characterized by physical and emotional exhaustion and a profound decrease in the ability to empathize, and occurs as a result of helping those who are in need.**

## **Symptoms of Compassion Fatigue include:**

- Less ability to function
- More stress than usual
- Caregiver feels traumatized
- Working harder, getting less done
- Irritability, trouble sleeping
- Feeling bored
- More sickness, aches, and pains

**Compassion fatigue is treatable and EAP counselors are available 24/7 to support you through it.**



**Looking for additional resources on compassion fatigue? Log in today:**

### **To Access:**

1. Go to: [www.cascadecenters.com](http://www.cascadecenters.com)
2. Click 'Member Log In'
3. Register as a new user
4. Click the 'Compassion Fatigue' tile