

# Symptoms of Compassion Fatigue

## **Physical Symptoms**

- I have taken an increased number of sick days
- I have been feeling physically ill
- I have been feeling fatigued
- I have been feeling keyed-up and nervous
- I am doing less rather than more exercise
- Normal sleep has been more difficult for me
- I have lost enjoyment in intimate and sexual activities

## **Psychological Symptoms/Emotional Symptoms**

- I have noticed myself being more cynical and pessimistic
- I have noticed that I was trying to avoid feelings by numbing or shutting down
- I have had work-related nightmares/bad dreams
- I have lost interest and enjoyment in activities I usually enjoy
- I have difficulty in making decisions or seem to be making bad decisions lately
- I feel like I have lost some of my self esteem
- I have feelings of despair and hopelessness
- I have lost my sense of humor
- I have been feeling flat, depressed and hopeless more than I used to
- I have been more angry and irritable than normal
- I am having trouble finding hope
- I have felt overwhelmed more than three times in the past week

## **Spiritual Symptoms**

- I am less connected to my spiritual and religious beliefs than I used to be
- I have been avoiding spending time with my friends and family
- I have less interest in participating in religious activities
- I fear for the safety of myself and my loved ones
- I have had a lack of time for self
- I find it difficult to trust others
- I find it more difficult to practice my faith in any meaningful way

## **Professional Symptoms**

- I have anger directed toward my supervisors and/or supervisors
- I have been unable to get work related thoughts out of my head
- I have had unwanted memories pop up in my head of past events from work
- My productivity at work has been reduced
- I have moments of dread when thinking about going to work
- I have felt like quitting my job more than once
- I find the small annoyances getting in the way of my enjoyment of work

*Five or more checked could indicate that you are suffering from compassion fatigue symptoms*

Revised 2011