

SIGNS OF COMPASSION FATIGUE



**Sadness or
Depression**



Sleep Issues



**Nightmares or
Intrusive
Thoughts**



**Fatigue or Low
Energy**



Anger or Irritability



Grief



**Withdrawing or
Isolating**



**Appetite
Changes**



Feelings of Guilt



**Lack of Energy
or Motivation**



**Anxiety or
Hypervigilance**



**Negative
Worldview**



**Relationship
Conflicts**



**Bodily
Complaints**



**Unhealthy
Coping Skills**



**Feeling Empty,
Numb, or
Disconnected**