

## **Compassion Fatigue Notes**

**What signs do you see in yourself when you are worn out by your job?**

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**What external – internal pressures do you face?**

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**How can you adjust to modify or let go of these pressures?** \_\_\_\_\_

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**What energizes you about your job?**

**What things make you say “that’s why I wanted to practice in this field?”** \_\_\_\_\_

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**What are your best stress busters?**

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**SELF CARE IDEAS**

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**Thank You for All You Do!!**



**605-322-4069**