

Free Health Services

Every 2nd Saturday of the Month

Time: 10:00 AM - 1:30 PM

***Last patient accepted at 12:30 PM**

Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

Next Clinic Date:

Who We Are

About Us

The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

Contact Us

(415) 633-6421

info@mabuhayhealthcenter.org

www.mabuhayhealthcenter.org



Compassion Fatigue

MHC Behavioral Health



Mabuhay Health Center

1010 Mission Street

San Francisco, CA 94103



Overview of Compassion Fatigue

Caring and giving too much without recharging can decrease the quality of life that someone can experience. It comes from experiencing large amounts of empathy and sympathy – feeling the pain suffering of those around us; and while you may be able to temporarily alleviate some of those instances, it's not something that can be sustained indefinitely.

Signs & Symptoms

- Isolation from others
- Apathy
- Addiction
- Bottling up your emotions
- Poor self-care
- Excessive blaming

*“Taking care of myself
doesn't mean ‘me first.’ It
means ‘me too.’”*

*--L.R. Knost, Award-Winning Author of
Two Thousand Kisses a Day and Founder
of Little Hearts/Gentle Parenting
Resources*

2 Defining Characteristics

1. **Burnout:** a lack of energy or motivation to complete tasks or responsibilities that gradually develop over a long time, due to a high workload with time for de-stressing
2. **Secondary Traumatic Stress (STS):** work-related, secondary exposure to extremely or traumatically stressful events.

Commit to Self-Healing

Moving beyond compassion fatigue takes constant monitoring and active work towards your own wellness. These can include:

- Eating healthy and drinking water
- Choosing which activities to devote your energy towards
- Building a reliable social support network
- Participating in health-building activities like exercise, yoga, or meditation

