



## **What Causes Burnout/Compassion Fatigue**

- Chronic calls
- Chronic stress
- Lack of support
- Personal stressors
- Family stressors
- Interpersonal conflict
- Repeated traumatic events

## **Signs of Burnout/Compassion Fatigue**

- Poor self care
- Depression
- Apathy/Lack of feelings/Feeling indifferent
- Disconnection with others/Isolation
- Blaming others
- Irritability
- Poor sleep/Exhaustion
- Feeling overwhelmed/Nothing you can do to help