

Compassion Fatigue

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This video provides information on Compassion Fatigue, what it is, what you can do to recognize it, as well as how to prevent and overcome it.

“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop”. – Mother Theresa

KEY TAKEAWAYS

- Compassion Fatigue can affect anyone
- Taking care of you so you can care for others is one of the most important things you can do

- <https://compassionfatigue.org/>
- <https://www.aafp.org/fp/m/2000/0400/p39.html>

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