

Tips for Relieving Compassion Fatigue among Nurses

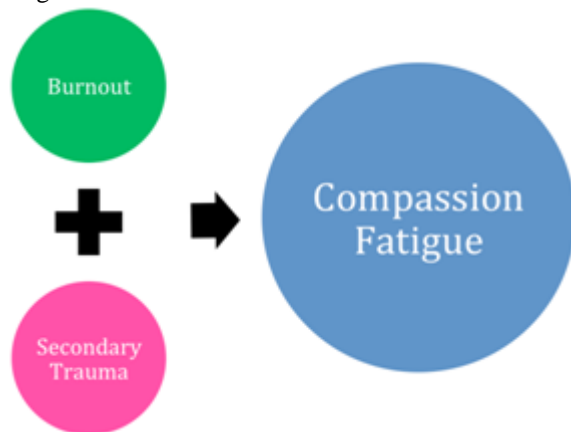
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Abstract: *Compassion fatigue can be a serious occupational hazard for those in any kind of helping profession, with a majority of those in the field reporting experiencing at least some degree of it in their lives. This is no surprise, as it is typically those with the most empathy who are the most at risk. When Compassion Fatigue was in the workplace, the organization itself suffers. Because of this compassion fatigue, the institution may face Chronic absenteeism, sick leave, wish to transfer the area, high turnover rates, conflicts between employees, and conflict between staff and management were creating additional stress on workers.*

Keywords: compassion Fatique, Nurses

1. Introduction

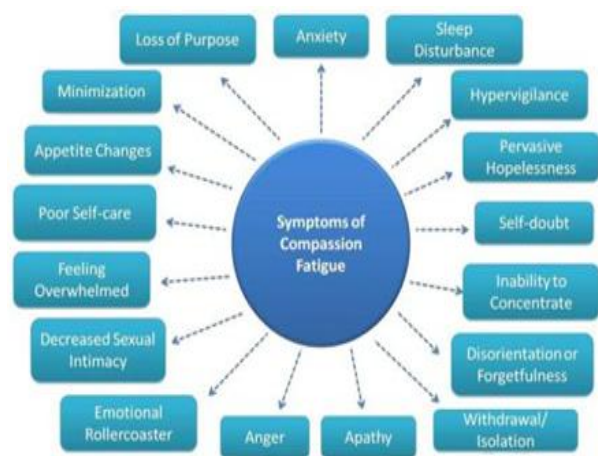
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2. Definition

Compassion fatigue is characterized by physical and emotional exhaustion and a profound decrease in the ability to empathize. It is a form of secondary traumatic stress, as the stress occurs as a result of helping or wanting to help those who are in need. It is often referred to as “the cost of caring” for others who are in physical or emotional pain. If left untreated, compassion fatigue not only can affect mental and physical health, but it can also have serious legal and ethical implications when providing therapeutic services to people

3. Signs and Symptoms of Compassion Fatigue



4. How to Beat Compassion Fatigue?

If you feel that you are already suffering from compassion fatigue, here are some recommended ways on how you can beat it:

1) Set boundaries at work

- Set boundaries and make it clear with yourself that you can't fix everything.
- Determine until when or where you shall intervene. Set your personal and professional limits.

2) Talk about your emotions

Do not keep those negative emotions all to yourself. Talk it out so you can vent your feelings. Talk to the right people who can understand you like your colleagues, your friends and your family. Also, try to seek for professional help.



3) Practice positive self-talk

Self-talk makes you aware of your own feelings and issues. You need to know yourself more so you can properly address personal flaws that may affect how you handle patient care.

4) Smile

Smiling often helps lift up mood and improve positivity at work. By having a positive outlook, you can have more strength in facing the emotional challenges of being a nurse.

**5) Forgive and move on**

Don't keep the hate all to yourself. Whenever you feel oppressed at work, forgive and move on.

6) Socialize

One of the signs of compassion fatigue in nursing is detachment and isolation. Make an effort to socialize with your friends and participate in social events. Through this way, your attention will be diverted into meaningful activities.

**7) Be creative**

Creative activities like knitting, journal writing, dancing and quilting help in releasing stress and negative emotions. These activities will help you become more self-aware as you focus on your inner self. These activities will also help you in expressing your well-kept emotions if you have difficulty in venting out your frustrations.

8) Go on a retreat

A retreat is a vacation away from home. By changing your surroundings and going on a trip, you can have a refreshing break from your life as a nurse.

9) Develop a career plan

A career plan is a good reminder of your dreams and aspirations as a nurse whenever you feel trapped in your job.

**10) Relate with other nurses**

Those who have dealt with compassion fatigue before are the ones who will best understand you. Ask your senior nurses about it and take note of their advice and they may help you in understanding your frustrations at work.

11) Keep in mind that you have a purpose

Remind yourself that nursing is a noble career and everything happens for a reason. Take a sad experience as an opportunity to learn and grow.

**12) Keep a Journal**

A journal may sound juvenile, but it actually helps. Writing down your daily activities in a journal gives you something to focus on. It gives you a platform to indicate your goals for the day and plan things out.

Recording your achievements refocuses you on your job and skills set. You are able to identify yourself as a qualified professional with experience.

13) Educate Others

Quite a number of caregivers don't receive the right training on trauma. Take it upon yourself to educate your colleagues on its effects.

Being a victim yourself, talking about it eases the pain. The more you talk and make people aware, the easier it becomes to battle it.

14) Exercise and Eat Properly

Taking care of yourself should take precedent when dealing with compassion fatigue.

Eating a nutritious breakfast can go a long way in bettering your day. Moreover, exercising trains your body to be more efficient while using less energy. This reduces the stress your body goes through as you work.

It also helps you sleep better, which is significantly beneficial since compassion fatigue can cause sleeplessness.

5. Conclusion

The Compassion Fatigue Awareness was specially to educate caregivers about genuine, sustainable self-care and help the organizations to reach goal, which will enable the staff nurses to serve with compassionate nature.

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