



My thoughts about: Compassion Fatigue

Empathy vs. Sympathy:

Burnout:

Vicarious Trauma:

Moral Distress:



Walk The Walk

My Compassion Fatigue Resiliency Guide

My Physical Signs:

My Behavioral Signs:

My Psychological Signs:

Tools I would use or something I would transform:

An Affirmation:

*A compassion
resiliency commitment
I make to myself this month is to:*