

Tips for Coping with Compassion Fatigue

- Utilize healthy self-care strategies
- Set realistic goals for your work
- Make your surrounding environment more positive
- Seek professional support
- Focus on gratitude
- Take a break if you can
- Set boundaries around work
- Know when to separate yourself from a situation
- Lean on your loved ones

Coping With Fatigue

Robert R. Redfield



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