The 5 Cs of compassion fatigue

If you are currently suffering from compassion fatigue, you will need to make some long-term changes. But to get through today, let's jot some ideas that may help.

1 **Calm down ...**
   Jot down a quiet place you could use to relax. Maybe it's a closet. Maybe it's your car.
   Write down your safe spaces here:
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

2 **Collect your thoughts ...**
   Write one thing you are thankful for and one overwhelming thing on your to-do list you could ask a coworker to help get done.
   Write your thoughts here:
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
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   ____________________________________________
   ____________________________________________
   ____________________________________________

3 **Communicate ...**
   If applicable, write the name of a coworker you need to talk to about something that's bothering you, and don't confuse gossip with communication.
   Write the name of the person here:
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
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   ____________________________________________
   ____________________________________________

4 **Control boundaries**
   Jot down how you could respond to a client who wants you to look at her dog's non-emergency issue at closing time.
   Write down your response here:
   ____________________________________________
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   ____________________________________________

5 **Consider your needs**
   Write one way you can reorder your schedule or routine that puts your needs first.
   Write down your schedule change here:
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   ____________________________________________