

TOO TIRED TO GIVE CARE?

It's natural to feel drained of compassion and empathy, especially if you've been overwhelmed by caring for others of late. The ongoing pandemic has forced us all to confront pain and suffering on a regular basis, leaving many of us depleted and "emotionally" burnt out.



Did you know?

Compassion fatigue is a syndrome where a person is exceptionally caring initially, but becomes overwhelmed or physically and emotionally exhausted. This leads to a decreased ability to feel compassion or empathy for others.



Who's Been Affected

- Healthcare & frontline workers
- Caregivers of patients recovering at home
- Impact management teams
- HR Representatives
- CxOs, team leads and managers

How They're Affected

- Feelings of apathy, numbness and hopelessness
- Feeling low or "blue"
- Retreating or isolating from others
- Feeling that you have nothing left to give
- Physical, mental, and spiritual exhaustion

If you relate to any or all of these feelings, you might be experiencing **compassion fatigue**. Naturally, you might feel guilty that you aren't feeling how you're supposed to, given the circumstances. Just know that what you're going through is normal, and moreover, it's understandable.

Dealing with Compassion Fatigue

If you'd like to address and manage what you're going through, here are a few tips that'll help.

1

Become aware of what you're experiencing, and accept it.

2

Talk it out and share your feelings with those who can validate what you're going through.

3

Reinforce your personal boundaries, and say no when you cannot engage in something.

4

Be kind to yourself and don't beat yourself up with guilt.

5

Take positive action to change your environment and setting.

6

Indulge in self-care and focus on yourself for a while.



At times like these, it's natural to feel exhausted and depleted, especially if you've been focusing more on others' needs rather than yourself. Try not to blame yourself or feel too guilty about it, because you are human after all.

Taking some time out for yourself to reassess your needs and replenish your energy reserves will help you come back stronger and better than before.

Professional and confidential counselling

Log on to www.1to1help.net or dial 1800-258-8999/1800-258-8121 (Toll-free)