

Indicators of Compassion Fatigue & Burnout

Cognitive	Emotional	Behavioural	Spiritual	Personal Relationships	Physical Somatic	Work Performance
Lowered concentration	Powerless	Impatient	Question the meaning of life	Withdrawal	Shock	Low morale
Decreased self-esteem	Guilt	Withdrawn	Loss of purpose	Decreased interest in intimacy and sex	Sweating	Low motivation
Apathy	Anger/rage	Moody	Decreased self-appraisal	Mistrust	Rapid breathing	Task avoidance
Rigidity	Survivor guilt	Regression	Pervasive hopelessness	Isolation from others	Increased heart rate	Obsession about details
Disorientation	Shutdown Numbness	Sleep disturbance	Anger at God	Overprotective as parent/spouse	Breathing difficulty	Dichotomous thinking
Perfectionism	Fear	Nightmares	Question religious beliefs	Protective anger or blame	Joint and muscle aches	Apathy
Preoccupation with trauma	Helplessness	Appetite changes	Loss of faith in higher power	Intolerance	Dizziness and disorientation	Negativity
Thoughts of self-harm or harm to others	Sadness	Hyper-Vigilance	Greater degree of skepticism	Loneliness	Increase in # and severity of medical concerns	Lack of appreciation
	Depression	Elevated startle response		Increase in interpersonal conflicts	Impaired Immune system	Detachment
	Mood swings	Accident prone			Other somatic complaints	Poor work quality and communication
	Depleted energy	Easily loses things				Staff conflicts
	Increased sensitivity					Absenteeism
						Exhaustion and irritability

Source: Figley, 1995

