# Compassion Fatigue Wallet Card

| CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK |
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| Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion. 10 things to do for each day  1. Get enough sleep. 6. Focus on what you did well. 2. Get enough to eat. 7. Learn from your mistakes. 3. Do some light exercise. 8. Share a private joke. 4. Vary the work that you do. 9. Pray, meditate or relax. 5. Do something pleasurable. 10. Support a colleague.  For more information see your supervisor and visit [www.psychosocial.org](http://www.psychosocial.org) or [www.proqol.org](http://www.proqol.org) Beth Hudnall Stamm, Ph.D., ProQOL.org and Idaho State University  Craig Higson-Smith, M.A., South African Institute of Traumatic Stress  Amy C. Hudnall, M.A., ProQOL.org and Appalachian State University  Henry E. Stamm, Ph.D., ProOOL.orq |
| SWITCHING ON AND OFF |
| It is your empathy for others helps you do this work. It is vital to take good care of your thoughts and feelings by monitoring how you use them. Resilient workers know how to turn their feelings off when they go on duty, but on again when they go off duty. This is not denial; it is a coping strategy. It is a way they get maximum protection while working (switched off) and maximum support while resting (switched on). How to become better at switching on and off  1. Switching is a conscious process. Talk to yourself as you switch. 2. Use images that make you feel safe and protected (switch off) or connected and cared for (switch on) to help you switch. 3. Find rituals that help you switch as you start and stop work. 4. Breathe slowly and deeply to calm yourself when starting a tough job. |

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