



GETTING TO KNOW YOURSELF AND COMPASSION FATIGUE

Fill out the following with your traits when you are doing well, and where you are at currently (i.e. your current baseline). Keep in mind that your "well" and "baseline" answers may be the same!

Mood:

When I'm well:

Baseline:

Attitude:

When I'm well:

Baseline:

Sleep:

When I'm well:

Baseline:

Activity:

When I'm well:

Baseline:

Physical Health:

When I'm well:

Baseline:

Habits:

When I'm well:

Baseline:

My Mental Health Continuum

Combating compassion fatigue starts with knowing your specific symptoms. Think about how you know you're feeling well and how you know you're not. Write down what these symptoms of wellness and unwellness look like for *you* on the mental health continuum. Refer to the powerpoint for a list of symptoms to get you started.

Healthy

Reacting

Injured

III

Normal functioning

**Common and
reversible distress**

**Severe and persistent
functional
impairment**

**Clinical disorder
Severe functional
impairment**