

COMPASSION FATIGUE CHECK-IN & REFLECTION GUIDE

Self-Assessment Quiz	YES	NO
Do you feel emotionally drained after most shifts?		
Have you noticed yourself avoiding emotional interactions with patients?		
Do you find it harder to feel empathy than you used to?		
Are you physically exhausted even after resting?		
Have you started dreading your shifts more than usual?		
Do you feel emotionally numb toward patient care?		
Are you experiencing headaches, muscle tension, or frequent illnesses?		
Do you avoid talking about difficult cases with coworkers or sharing with family?		
Have your sleep patterns or appetite changed significantly?		
Are you relying on unhealthy coping mechanisms (excessive caffeine, emotional eating, alcohol)?		

What your score means: Yes = 1 point, No = 0 points

0 - 2 points: You're in a good place! You might feel occasional stress, but compassion fatigue isn't significantly affecting you right now. Keep prioritizing self-care to maintain your emotional well-being.

3 - 5 points: Warning zone. You're showing early signs of compassion fatigue, and it's important to address it before it worsens. Small changes, like setting boundaries and practicing emotional resets, can help.

6 - 8 points: Moderate compassion fatigue. You're likely feeling emotionally drained and detached. Now is the time to actively focus on self-care strategies, seek support, and consider adjustments to prevent burnout.

9 - 10 points: Severe compassion fatigue. Your emotional and physical well-being are at risk. It's important to take immediate action - seek peer or professional support, implement structured self-care, and reevaluate workload or coping strategies.

PERSONAL REFLECTION PROMPTS:

TAKE A FEW MOMENTS TO REFLECT AND JOT
DOWN YOUR THOUGHTS

What aspects
of my job
currently
drain me the
most?

When was the
last time I felt
truly
connected to
a patient?

What's one
small change I
can make to
support my
emotional
well-being?