

At Work

At Home

Acknowledge

when emotional exhaustion is affecting your care.

Unwind

with activities that restore emotional reserves.

Regulate

empathy to maintain sustainable emotional energy.

Surround

yourself with people who offer encouragement.

Pause

for short, intentional breaks to reset during shifts.

Establish

work-life boundaries that protect your mental space.

Connect

with colleagues who provide mutual support.

Reflect

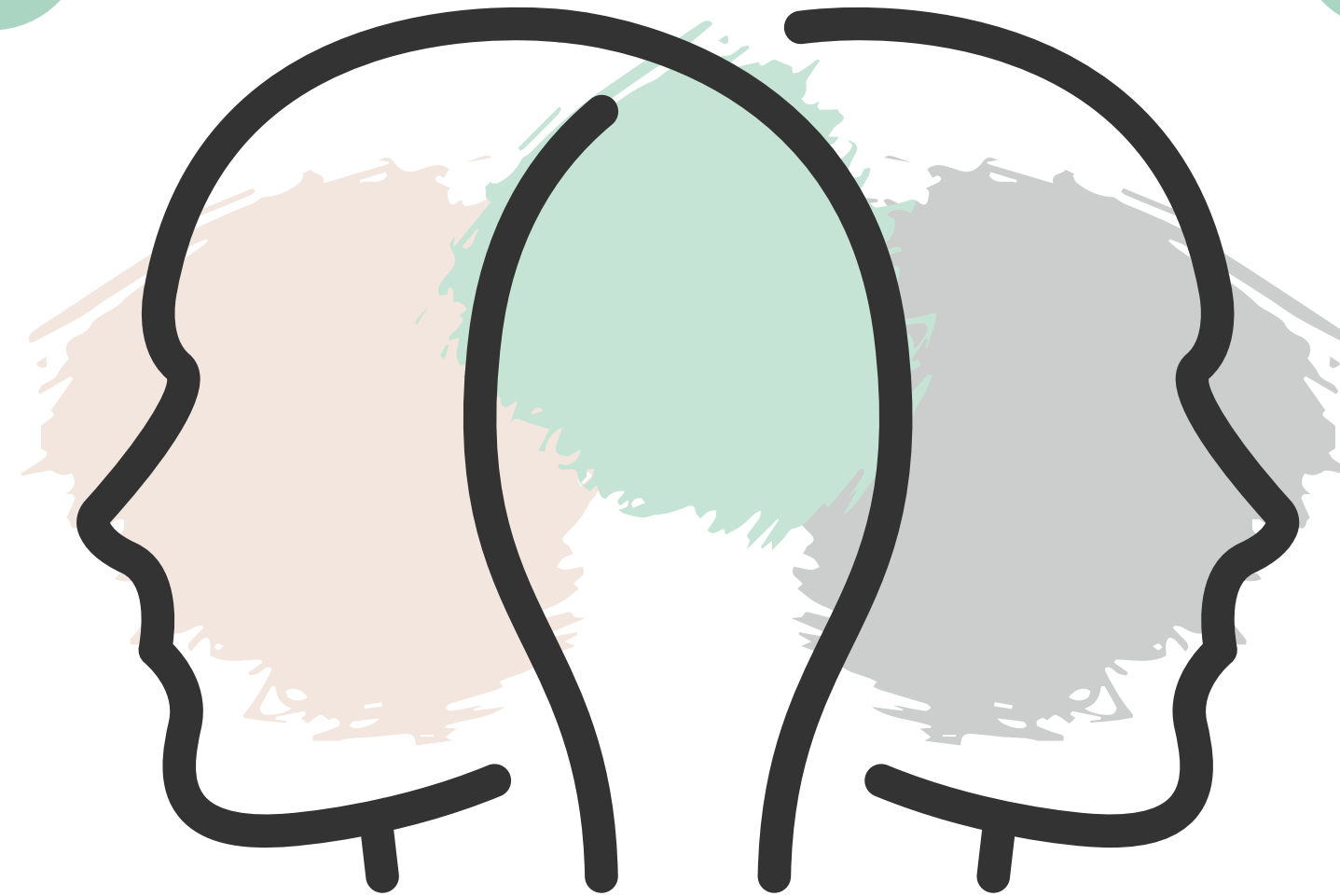
on meaningful patient interactions.

Develop

emotional resilience through ongoing learning.

Prioritize

habits that sustain long-term well-being.



Compassion Fatigue

Replenish emotional energy by recognizing early signs of depletion, setting boundaries around emotional labor, and prioritizing activities that restore your sense of purpose.

