



# Compassion Fatigue

Preventing and managing emotional exhaustion from prolonged caregiving through education, well-being initiatives, and workplace culture shifts.

## Normalize

Debriefing and peer support to process emotional strain.

## Encourage

Personal resilience-building through restoration activities and recovery time.

## Enhance

Job satisfaction by fostering workplace connection and professional growth.

## Develop

Leadership strategies that model and support staff well-being.

## Screen

For early signs of compassion fatigue through regular feedback.