

LET'S TALK ABOUT COMPASSION FATIGUE

During the COVID-19 pandemic, we have had to manage a variety of stressors, losses, and collective trauma. You may have altered your daily life and experienced an ongoing sense of uncertainty, all while continuing to navigate everyday stressors and other crises or traumatic experiences, including racial and social injustices and natural disasters. While this has been a challenging time, many people have also showed up for each other. This can include providing emotional support, helping financially, or being understanding and accommodating. When you do not take the time to rest and recuperate from prolonged exposure to stressors and caring for others, you may be at risk for experiencing compassion fatigue.

Compassion fatigue is a state of exhaustion and impairment that can manifest physically, emotionally, mentally, and behaviorally. This can also impair your ability or desire to be compassionate with others. Caring for others can be a wonderful thing, but it is hard to care for others if you do not care for yourself!

Here are some steps you can take to reduce your risk of compassion fatigue and care for yourself the way you care for others.

Daily Check-In. Take five minutes to reflect on how you feel emotionally and physically. What are you needing?

What's Your Sign? Learn to recognize signs of compassion fatigue to intervene earlier to care for yourself. Signs may include: exhaustion, difficulty sleeping, headaches, avoidance, watching excessive amounts of TV/Netflix, difficulty making decisions, sadness, anxiety, negative self-image, and/or cynicism.

Be active. Pick an activity you enjoy and get moving to improve mood, manage stress, and release physical tension.

Eat a balanced diet. Fuel your body and your mind with a nutrient-rich, balanced diet. Don't forget that there is space for comforting foods you enjoy too!

Sleep. Try to develop a more consistent sleep schedule to recharge mentally and physically.

Set Boundaries. When possible, practice saying "no" or setting boundaries personally and professionally. What do you have energy for in that moment?

Practice Self-Compassion. Acknowledge your feelings as a human experience and treat yourself with kindness.

Practice Self-Care. Be intentional!

Choose activities or strategies that are meaningful for you. Even taking a couple minutes to focus on yourself can make a difference.

Seek Support. Be intentional about connecting with people you value and enjoy interacting with, whether in person or virtually.

Practice Gratitude. Thinking about what you're grateful for can boost your mood and limit your focus on negative experiences.

Reframe Experiences. How we label an experience can influence how we feel and respond. Try thinking about a neutral or positive perspective. How can you grow through the challenge?

Talk it out. Take time to share how you are feeling with someone you trust. If you feel like you need more help and support during this time, consider talking with a therapist.

What is one step you can take to care for yourself?

For information about our services you can visit the Counseling Center website (www.bsu.edu/counselingcenter) or call the main desk at 765-285-1736.



YOU MIGHT WANT TO KNOW

THE RESOURCE & RELAXATION ROOM

The Counseling Center has re-opened the Resource & Relaxation Room for use of massage chairs by appointment only on weekdays 8am to 5pm. Each massage chair is in its own sanitized space. The light therapy boxes & relaxation music will be available with use of the massage chairs. Call 765-285-1736 to make an appointment. Free condoms & coloring pages are also available for grab and go.



WELLTRACK is a free online self-help tool that promotes mental wellness on campus. Visit <https://bsu.welltrack.com/> and sign up using your @bsu.edu email address.

ONLINE OUTREACH WORKSHOPS

The Counseling Center is offering free outreach workshops and a self-care challenge to ALL students on campus. Sign-ups are available on our webpage with our outreach information or you can use this link: https://bsu.qualtrics.com/jfe/form/SV_bHrBV2BXwW7iFpz.

