

COMPASSION FATIGUE: GET DEEP SHEET

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When I get stressed my first reaction is:

- Thoughts Feelings Actions

My warning signs are:

- | | | |
|---|--|--|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Exhaustion | <input type="checkbox"/> Low self esteem |
| <input type="checkbox"/> Blame | <input type="checkbox"/> Gastrointestinal Complaints | <input type="checkbox"/> No joy |
| <input type="checkbox"/> Chronic lateness | <input type="checkbox"/> High expectations | <input type="checkbox"/> Sleep disturbance |
| <input type="checkbox"/> Displaced anger | <input type="checkbox"/> Hopelessness | <input type="checkbox"/> Workaholism |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Out of balance | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Diminished sense
accomplishment | <input type="checkbox"/> Frustration | |

The people I can call on for support are:

- 1)
- 2)
- 3)

Three things I like to do for fun:

- 1)
- 2)
- 3)

I have the right to:

- | | |
|--|---|
| <input type="checkbox"/> A new hairstyle | <input type="checkbox"/> Not answer my phone |
| <input type="checkbox"/> Time to be quiet | <input type="checkbox"/> Not check my e-mail |
| <input type="checkbox"/> Help with the housework | <input type="checkbox"/> Take an occasional mental health day |
| <input type="checkbox"/> More time to make decisions | <input type="checkbox"/> _____ |

My SELFCARE MISSION STATEMENT:

This week, I am going to call _____.
Also, I am going to _____ just for fun.
One thing I am doing that someone else can do is
_____.