

# Newsletter

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Welcome to the first edition.  
I aim to create a monthly well-being resource for workers in the community sector.  
We take care of some of the most vulnerable community members, but sometimes we can forget to look after ourselves.  
So it is only fitting that the first edition highlight compassion fatigue.



## **COMPASSION FATIGUE VS BURNOUT**

### **IDENTIFYING THE DIFFERENCE**

**Compassion fatigue** is a form of burnout unique to professionals whose work involves caretaking or providing emotional support to others. It happens when a professional becomes depleted from repeated exposure to another person's chronic adversity or traumatic stress, fatigued from their deep investment in aiding others. Common symptoms include: *insomnia, intrusive thoughts, negative thoughts, hypervigilance, anxiety, isolation, disconnection, substance abuse, change in appetite, irritability, depression, cynicism, and apathy.*

**Burnout** is similar to compassion fatigue in that it presents many of the same symptoms. Burnout reflects work-related hopelessness and feelings of inefficacy. Burnout is a result of job-related stress from being involved in an intense situation for an extended period without enough rest and recreation. It can also come from a lack of recognition or resources to meet job responsibilities and increased demand for results. It is good to be aware that burnout can lead to physical problems, such as: *a weakened immune system, high blood pressure, heart disease, and type 2 diabetes.*

# Recovery & Resources



## RECOVERY

- Reduce workload, set and maintain boundaries, it is ok to say 'no'
- Take your breaks
- Use your vacation days, take a mental health day off
- Regular exercise, move and stretch your body
- Meditate, breathing exercises
- Start a gratitude journal
- Practice self-care
- Seek therapy, accredited supervision, EAP
- Engage in your hobbies
- Spend time outside, immerse in nature

## RESOURCES

Below are three online resources, that you might find helpful.

[Fortem](#)– has downloadable guides.

[TEN](#)– The Essential Network, for professionals to help manage stress.

[Compassion Fatigue Australia](#)– has a blog page to increase awareness.

**FORTEM**

**TEN**

**CFA**



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