

Compassion Fatigue

(Secondary or Vicarious Trauma)

Faculty have to take care of themselves in order to support their students. Faculty should also be aware that they may experience compassion fatigue. The traumatic experience may not have happened to them, but hearing about their students' experience can produce compassion fatigue.

*Note: Faculty may also experience their own trauma, especially during the COVID-19 pandemic, in addition to experiencing compassion fatigue.

Key to resilience in this moment is radical self care.

- Intentionally and frequently engage in self-care before you feel like you need it.
- Employ skills and strategies that support emotional and physical well being.
- Do what works for you and feels right. Aim for healthy behaviors.
- Show kindness and compassion to yourself.
- Allow yourself to disengage from activities that could deplete your physical and emotional resources. If these are activities that you *must* do, engage in bursts of activity and follow-up with an activity that refills your energy.
- Develop a self-care plan. List of activities that are good for you; people you can talk with and/or call; positive statements to encourage yourself.
- Seek help if you are beginning to feel overwhelmed.

More on self-care can be found at

<https://www.stress.org/military/for-practitionersleaders/compassion-fatigue>

<https://www.socialworker.com/feature-articles/self-care/politics-of-self-care-toward-radical-decolonization/>

https://www.huffpost.com/entry/the-secret-to-well-being-radical-self-care_b_9245956