

YOU'RE INVITED

# Compassion Fatigue Workshop

## ***What is compassion fatigue?***

*Medical Definition: physical and mental exhaustion and emotional withdrawal experienced by those who care for sick or traumatized people over an extended period of time, Unlike burnout, which is caused by everyday work stresses compassion fatigue results from taking on the emotional burden of a loved one or patient's agony.*

**Carol Ballard works closely with health care professionals and families that often experience Compassion Fatigue.**

In her workshops she initiates the conversation about Compassion Fatigue, and what it means to each person individually, then she offers some simple tools and strategies to help.

“Do you take care of yourself?” ...What would your answer be?

“In what **ways** do you take care of yourself?”