UNWELL vs. RENEWAL — A place of illness, fatigue and state of overwhelm or hardiness, resiliency, and transformation.

ZEALOT — We are committed, involved, and available, ready to problem solve and to make a difference. We are willing to go the extra mile.

IRRITABILITY — Anger and cynicism, diminished creativity, sadness, feeling helpless or hopeless.

ZOMBIE — A sense that you can’t ever do enough, inflated sense of importance, sleeplessness, sense of persecution.

WITHDRAWAL — Overwhelmed by complexity, chronic exhaustion, physical illness, difficulty empathizing, feeling numb to other’s pain, absenteeism.

Compassion Fatigue’s Path

(Cycle is from work of Eric Gentry, PhD, 2012)