



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



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

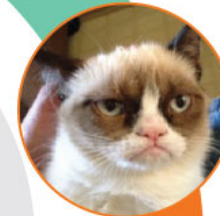
COMPASSION RESILIENCE

BURN OUT

Unwell vs. Renewal

Compassion Fatigue's Path

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



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.