

MORAL INJURY

COMPASSION FATIGUE

BURNOUT

ACUTE STRESS DISORDER

POSTTRAUMATIC STRESS

WHAT IS IT?

Response to witnessing or participating in an act that goes against one's values or moral beliefs

Physical and emotional depletion; a form of burnout which stems from the negative emotional effect of vicarious trauma when caring for individuals

State of emotional, physical and mental exhaustion caused by excessive or prolonged stress

Intense, unpleasant and dysfunctional reaction beginning shortly after a traumatic event (lasting less than 1-month post-trauma)

Inability to recover from a perceived traumatic event (at least one month after trauma occurs)

WHAT DOES IT LOOK LIKE?

- Feeling anxious and afraid
- Feeling demoralized
- Feeling guilty
- Feeling ashamed
- Self-isolation/avoidance

- Snappy, irritable, quick to anger
- Poor focus
- Snap judgement
- Reduced ability to feel empathy
- Feeling 'not good enough' in any role

- Anger/Cynicism
- Irritability
- Helplessness
- Disillusionment
- Depersonalization
- Fatigue
- Sleep problems
- 'Nothing left to give'

- Intrusion (nightmares, thoughts)
- Avoidance
- Dissociation (altered sense of reality)
- 'Jumpy and grumpy'

- Re-experience negative events
- 'Jumpy and grumpy'
- Lack of sleep
- Detachment
- Thinking more negatively
- Loss of function (due to avoidance)

WHAT CAN HAPPEN IF UNADDRESSED?

- Depression
- Anxiety
- Aggression
- May contribute to suicidal thinking
- Self-loathing
- Distrust in others

- Burnout
- Secondary trauma
- Anxiety
- Depression
- Decline in physical health
- Decline in work performance

- Decline in physical and mental health
- Broken relationships
- Suicidal thinking
- Substance abuse
- Decreased productivity and quality of care
- Job turnover

- Post-traumatic stress injury

- Living in fear
- Outbursts of anger and rage
- Feeling isolated
- Substance abuse
- Suicidality
- Losing important parts of work/home life (e.g., job loss)