



“Compassion Fatigue”

Related to the stress of caring about other people who are in distress or who are suffering.

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“Compassion Fatigue”

Compassion fatigue can occur as a result of singular exposure or an accumulation of exposures to psychological traumas.

Sometimes associated with vicarious stress or vicarious psychological trauma, but considered distinct or separate from Burnout.

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“Compassion Fatigue”

Compassion fatigue creates a sense of helplessness, confusion, or a loss of compassion and empathy for others, and feelings of being isolated from colleagues and other people.

Compassion fatigue can present physically, emotionally, or psychologically.

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“Compassion Fatigue”



Signs and symptoms to look for:

- **noticeable shifts in mood, cynicism, and irritability**
- **emotional and/or social withdrawal**
- **increased alcohol or drug use**
- **difficulties with concentration and memory**
- **difficulties sleeping**
- **physical exhaustion, fatigue, headaches**

If you are experiencing some of the symptoms above, talk to your doctor as soon as possible and seek out professional supports available to you.

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Glossary of Terms

Background

The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and stressors.

The initial iteration of the glossary was intended to

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.

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Collaborators

CIPSRT

Canadian Institute for Public Safety
Research and Treatment



ICRTSP

Institut canadien de recherche et
de traitement en sécurité publique

Canadian Institute for
Pandemic Health
Education and Response

CIPHER



ICEISP

Institut canadien
d'éducation et d'intervention
en santé en cas de pandémie

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