

Compassion Fatigue and Spiritual Leaders The Cost of Caring

The Source of Compassion Fatigue

- ~ What are some sources of Compassion Fatigue?
- ~ Where are the places God has called me to serve?
- ~ What are the various roles in which I serve?
- ~ What are some of the risks of "always being available"?

The Symptoms of Compassion Fatigue

- ~ When do I notice feeling overwhelmed?
- ~ What symptoms do I experience when I feel overwhelmed?
- ~ Is it possible that I am experiencing "burnout"? How would I know?

The Solution to Compassion Fatigue

- ~ What is meant by "God's rhythm of life"?
- ~ Am I willing to develop a "master schedule" or an "ideal week?" what would it look like?
- ~ What can I learn about balance in life that includes attending to the physical, intellectual, emotional, social and spiritual dimensions of my life?
- ~ What is my plan to "put on a new self" and bring a healthy balance to my life?

Notes: