



**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.

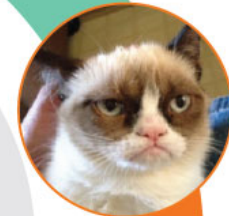
COMPASSION RESILIENCE

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.