

Being Compassionate During Compassion Fatigue



Crisis leaves us low on compassion when we need it most. In fact, we may become more critical during a crisis.

Why?

The compassion we have for ourselves impacts the compassion we have for others.

During a crisis, the silent critic we all carry around in our heads rages because we can fix or control so little.

Try these simple hacks to rebuild your compassion reserves:



1. Notice the critic and label it “critic.”
2. Stop the story in your head. Move your anger to your chest where it melts.
3. Ask yourself what needs are not being met: to be safe, heard, or valued.
4. Visualize someone you feel compassion for. Let the emotion grow and grow.
5. Think about someone less fortunate than yourself. List their struggles.