



Handout: Somatic Inventory of Emototional Overload

1. Indicate possible symptoms of burnout and compassion fatigue

- Isolation form others
- Excessive blaming, feeling resentful
- Easily overwhelmed
- Stuck emotions that you are unable to express
- Irritability, tendency toward aggressive outburst
- Frequent troubles with others, misunderstandings
- Compulsive behaviour
- Lack of self-care
- Nightmares, flashbacks of client's stories or own trauma history
- Chronic physical ailments (gut health)
- Apathy towards life events, friends and work
- Difficulty concentrating
- Mentally and physically tired
- Preoccupied or urge to distract (high use of media)
- In denial about the problem
- Reluctant for change
- Lack of flexibility
- Lack of future vision
- Legal problems and indebtedness
- General negativity and depression
- Inability to complete tasks, feeling ineffective
- Somatic complaints that can't be explained (headaches, digestive issues, stomachaches)
- Lack of physical drive and energy



<https://posttraumatic-integration.eu/>

2. How to heal burnout/compassion fatigue

- Kindness toward self
- Admitting the burnout problem and taking small actions toward health
- Compassionate body awareness
- Mindfulness moment and practice
- Awareness of the problem – admit the issue to self
- Sleep/Self-care
- Accept being on the path of recovery
- Listen to others who suffer
- Clarify boundaries to yourself of what works and what does not work
- Express your needs toward yourself first, then to others
- Get therapeutic help or consult with people familiar with this issue
- Engage the physical body with somatic techniques and actions
- Take positive actions in your life
- Make a realistic plan and take small steps toward change that are sustainable