



Compassion Fatigue & Secondary Traumatic Stress Symptom Guide

for understanding how you or your colleagues may be impacted by traumatic stress exposure on the job or as a result of the COVID-19 pandemic.

Apathy
Fatigue
Excessive tiredness
Lethargic behavior

Sadness
Sense of emptiness
Emotional numbness

Self-blame
Self-criticism

Irritability
Frustration
Anger
Agitation
Bottled up emotions

Anxiety
Excessive worry
Inability to relax
Constant stress

Restlessness
Trouble sleeping
Sleeping too much
Nightmares

Physical pain
Headaches
Change in appetite
Weight gain or loss
Stomach and intestinal issues

Slowed speech or movement

Disorganization
Trouble concentrating
Difficulty making decisions

Feelings of not being enough
Feeling you're not doing enough

Self-isolation
Blaming others
Closed off to others
Difficulty trusting others
Feeling different than others
Feeling separate from others

Running late
Absenteeism
Service rationing

Loss interest
Loss of creativity
Lack of motivation
Feeling incompetent
Resistance to change
Closed off to new ideas
Resistance to cooperation

Loss of hope
Skepticism
Cynicism
Negativity

Rigid thinking
Black and white thinking
Unable to see options

Decreased empathy
Decreased sympathy
Loss of compassion
Depersonalization

Substance abuse
Suicidal thoughts
Suicidal attempts





List of Feelings

Putting words to what we are experiencing is an important part of recovery from traumatic stress and a gateway to deeper connection to this around us. Words can also help us track changes in how much or little we are being impacted by traumatic stress exposure on the job or as a result of COVID-19.

| Accepting / Open | Courageous / Powerful | Tender | Angry / Annoyed | Stressed / Tense | Fear |
|-------------------------|------------------------------|-----------------|------------------------|--------------------------|----------------------|
| Calm | Adventurous | Calm Caring | Agitated | Anxious | Afraid |
| Centered | Brave | Loving | Aggravated | Burned out | Anxious |
| Content | Capable | Reflective | Bitter | Cranky | Apprehensive |
| Fulfilled | Confident | Self-loving | Contempt | Depleted | Frightened |
| Patient | Daring | Serene | Cynical | Edgy | Hesitant |
| Peaceful | Determined | Vulnerable | Disdain | Exhausted | Nervous |
| Present | Free | Warm | Disgruntled | Frazzled | Panic |
| Relaxed | Grounded | Hopeful | Disturbed | Overwhelm | Paralyzed |
| Serene | Proud | Encouraged | Edgy | Rattled | Scared |
| Trusting | Strong | Expectant | Frustrated | Rejecting | Terrified |
| | Worthy | Optimistic | Furious | Restless | Worried |
| | Valiant | Trusting | Hostile | Shaken Tight | Despair / Sad |
| Aliveness / Joy | Connected / Loving | Grateful | Impatient | Weary Worn out | Anguish |
| Amazed | Accepting | Appreciative | Irritated | | Depressed |
| Awe | Affectionate | Blessed | Irate | Unsettled / Doubt | Despondent |
| Bliss | Caring | Delighted | Moody | Apprehensive | Disappointed |
| Energized | Compassion | Fortunate | On edge | Concerned | Discouraged |
| Engaged | Empathy | Grace | Outraged | Dissatisfied | Discouraged |
| Enthusiastic | Fulfilled | Humbled | Pissed | Disturbed | Forlorn |
| Excited Free | Present | Lucky | Resentful | Grouchy | Gloomy Grief |
| Happy | Safe | Moved | Upset | Hesitant | Heartbroken |
| Inspired | Warm | Thankful | Vindictive | Inhibited | Hopeless |
| Invigorated | Worthy | Touched | Powerless | Perplexed | Lonely |
| Lively | Curious | Fragile | Impotent | Questioning | Longing |
| Passionate | Engaged | Helpless | Incapable | Rejecting | Melancholy |
| Playful | Exploring | Sensitive | Resigned | Reluctant | Sorrow |
| Radiant | Fascinated | | Trapped | Shocked | Teary |
| Refreshed | Interested | | Victim | Skeptical | Unhappy |
| Rejuvenated | Intrigued | | Guilt | Suspicious | Upset |
| Renewed | Involved | | Regret | Ungrounded | Weary |
| Satisfied | Stimulated | | Remorseful | Unsure | Yearning |
| Thrilled | | | Sorry | Worried | |
| Vibrant | | | | | |

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