

SEEPS Training Companion III. Burnout Prevention Strategies

Understanding Signs of Empathetic Burnout

Create awareness for when your capacity for empathy with a person or situation feels limited or may be wearing out.

Internal signs

Thoughts, feelings, or patterns (*ex. I'm sick of hearing about this, this person doesn't want to change; zoning out, irritated*)

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External signs

Can include signs you observe in yourself and others (*ex., you have a hard time maintaining eye contact, you're at a loss for words in conversation or don't know how to respond, the other person seems frustrated with you.*)

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