

## Participant Reflection Guide

### THE COST OF CARING

#### Think – Journal – Share

1. Review Warning Signs of Compassion Fatigue.
2. Reflect on Dr. Meeker’s comments.
3. Meet with a partner or small group and discuss.

*Capacity to Feel*

*Responsibility*

*Repeated Exposure*

### FINDING BALANCE

Take time to look through the handouts. Journal one or two ideas that sound interesting to try out.