

# Front Line Medics: You're There for Them. Who's There for You?

**In the chaos of war, you witness trauma and suffering daily.  
You give tirelessly, often at great personal cost.**

## Compassion Fatigue: What is it?

Compassion fatigue is the emotional, physical, and psychological impact of helping those who are suffering. It's a form of secondary traumatic stress, distinct from burnout, but often occurring alongside it. It arises from empathizing with patients' pain and absorbing their trauma.

**It's NOT Weakness. It's a Reaction to Trauma...**

### Recognizing the Signs in Yourself:

**Do you feel...**

- Overwhelmed or exhausted by the suffering you witness?
- Numb or detached from your feelings?
- Irritable, anxious, or easily angered?
- Guilty or helpless?
- Decreased empathy or cynicism towards patients?

**Are you experiencing...**

- Persistent fatigue or exhaustion, even after rest?
- Changes in sleep patterns (insomnia or hypersomnia)?
- Headaches, muscle tension, or other physical ailments?
- Changes in appetite or weight?

**Have you noticed...**

- Social withdrawal or isolation?
- Increased use of alcohol or drugs?
- Difficulty concentrating or making decisions?
- Decreased job satisfaction or increased errors?
- Nightmares or flashbacks?



**For more information reach out to VM4U  
Psychological Support team :  
<https://vm4u.org/psychological-support/>**

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## Strategies for Coping and Resilience:

- Don't dismiss or minimize your experience.
- Self-Care is crucial-Prioritize rest: Sleep is essential for physical and emotional recovery.
- Exercise can help reduce stress and improve mood.
- Seek support: Talk to Trusted Colleagues: Share your experiences with those who understand.
- Utilize Mental Health Resources: Counseling and therapy can provide valuable support. (Contact <https://vm4u.org/psychological-support/> for support and resources.)
- Connect with Family and Friends: Lean on your support network outside of work.
- Set boundaries: Learn to say "no" when possible.
- Separate work from personal life as much as possible.
- Find Meaning and Purpose: Remind yourself of the value of your work and the positive impact you have on others.