

# BURNOUT

# VS

# COMPASSION FATIGUE



## TIMEFRAME

Builds up over time.

## TIMEFRAME

Can occur overtime or have a sudden onset.

## CAUSES

Caused by occupational stress and consistent overwork. Linked to excessive pressures

## CAUSES

Caused by caring for individuals who lack quality of life or are suffering. Linked to feeling of being out of control

## OUTCOMES

Creates dissatisfaction with work.

## OUTCOMES

Creates dissatisfaction with life.

## RESULTS

Leads to loss of motivation, energy and interest.

## RESULTS

Leads to lack of empathy and PTSD symptoms.

