

Caring for animals means *caring for yourself.*



If you're suffering from compassion fatigue, you can't do your best work for people and animals. You might feel sadness, anger, apathy or loss of compassion for others, or use food, alcohol or drugs to manage your emotions.



Care for yourself

Sleep well, eat nourishing food, take walks and practice hobbies (aka enrichment!) outside of animal welfare work.



Seek support

Talk to a therapist, close friend or family member, or join a private Facebook group or forum where you can process heavy emotions.



Find joy

Focus on the victories, big or small. Think of the animals or pet owners you've helped or how far the animal welfare field has come as a whole.



Take time off

Take that vacation or even staycation, download a meditation app, eat lunch outside. Encourage your co-workers to do the same.

Emotions are contagious. By caring for yourself, you're helping to create a stronger and more resilient animal welfare movement. Find more tips at animalsheltering.org/topics/compassion-fatigue.

