



eMpowered for Wellness

Presented by Magellan Healthcare & the Depression and Bipolar Support Alliance

Compassion fatigue & burnout

A message from Thomas Lane, CRPS, senior director, community and recovery supports

This issue of eMpowered for Wellness focuses on issues and resources regarding compassion fatigue and burnout. If you're not familiar with compassion fatigue, read on!

As with all issues of this e-newsletter, our goal is to provide the information you need to help improve overall health and well-being through peer support and whole health planning. I encourage you to share it with others so that we can all be eMpowered for Wellness. Thank you for your continued support.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

– Leo Buscaglia



What is "compassion fatigue"?

Compassion fatigue refers to the emotional and physical exhaustion that can affect helping professionals, supporters, and caregivers over time. [Read more](#)



Thought leader interview: Compassion Fatigue Specialist Patricia Smith

Patricia Smith founded the Compassion Fatigue Awareness Project©. [Read more](#)



Are you experiencing compassion fatigue? Take this quiz to find out: [The ProQOL](#)



Compassion fatigue resources
Would you like to know more about compassion fatigue? Take a look at these resources. [Read more](#)



“If your compassion does not include yourself it is incomplete.”

– Jack Kornfield



Health literacy materials

Our online health education library features materials in both English and Spanish. [Visit now](#)

eMpowered for Wellness is brought to you by [Magellan Healthcare](#) and the [Depression & Bipolar Support Alliance \(DBSA\)](#).

Previous issues of this newsletter are available on Magellan's [Resiliency and Recovery e-Learning Center](#), which offers a range of no-cost resources, including previously recorded webinars and on-demand e-courses about peer support specialists, and a health education and literacy library.

If you would like to be added to Magellan's eMpowered for Wellness e-mail distribution list, please sign up [here](#)

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4800 North Scottsdale Road, Suite 4400, Scottsdale, AZ 85251

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