

Activist Burnout & Compassion Fatigue — Finding Your Way Back to Steady Ground

“Caring deeply is a beautiful thing. But even the most compassionate hearts need rest.”

□ Reflection Prompts

- Where in your body do you feel the weight of compassion fatigue most strongly?
- What does exhaustion look or feel like for you personally?
- When was the last time you gave yourself permission to rest without guilt?
- What small, safe moments of beauty or joy can you return to when the world feels too heavy?
- What would it feel like to let rest be an act of love, rather than a luxury?

□ Gentle Practices to Reconnect

- Place your hand over your heart and take 5 slow breaths. Remind yourself: “I am safe right now.”
- Schedule rest into your day as a non-negotiable — even just 10 minutes.
- Journal, create art, cry, or talk with someone who understands. Emotional expression is healing.
- Step outside. Feel the air on your skin. Let nature soften your edges.
- Allow yourself one small, guilt-free moment of joy today — a song, a scent, a warm drink, a cuddle with an animal.

□ Remember:

Burnout isn't a failure. It's a signal.

Your compassion is precious — and it deserves care, too.

Rest isn't giving up. It's how you find your way back to steady ground.



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