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How to Cope with Compassion Fatigue: 8 Tips for Caregivers

Caregivers can be at risk for compassion fatigue which can cause physical and emotional exhaustion and reduce the ability to empathize. [How to Cope with Compassion Fatigue](#) from DailyCaring explores the difference between compassion fatigue and burnout, common signs of compassion fatigue, and how it can impact your health and relationships. To enhance your ability to be engaged in caregiving with your family member it is essential to learn effective self-care strategies and coping techniques.

Article Source

DailyCaring.com

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<https://dailycaring.com>

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