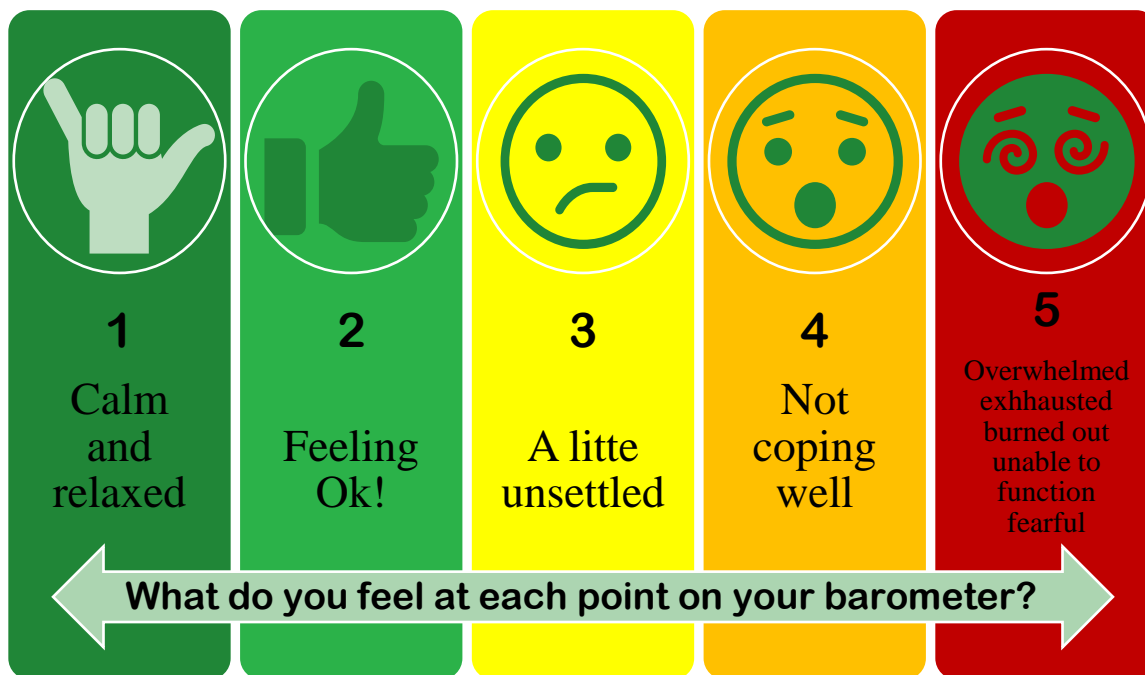


## Activity:

### Create your personal 5-degree barometer

#### Description:

Tools only work if they are customized to your life. Use this *5-Degree Barometer* framework to understand what you feel at various stages. Use the Feelings Wheel and the physical, behavioral, and psychological symptoms for compassion fatigue, role overwhelm, and burnout if needed to guide you.



#### References:

Mathieu, Françoise. *The Compassion Fatigue Workbook*. Routledge Taylor and Francis Group, 2012.

Buron, Kari Dunn, Curtis, Mitzi, *The Incredible 5-Point Scale, second edition*. Karen Dunn Buron, 2021.



**When I am calm and relaxed...**

My body feels:

I behave in these ways:

I feel these emotions:



**When I am “feeling ok!”**

My body feels:

I behave in these ways:

I feel these emotions:



**When I am “a little unsettled”**

My body feels:

I behave in these ways:

I feel these emotions:



**When I am “not coping well”**

My body feels:

I behave in these ways:

I feel these emotions:



When I am “overwhelmed, exhausted, burned out, unable to function, overcome with fear”

My body feels:

I behave in these ways:

I feel these emotions:

**Things I can do to slow and reverse the progression:**

**People to share my warning signs with to support me**

**What others can do to support me**