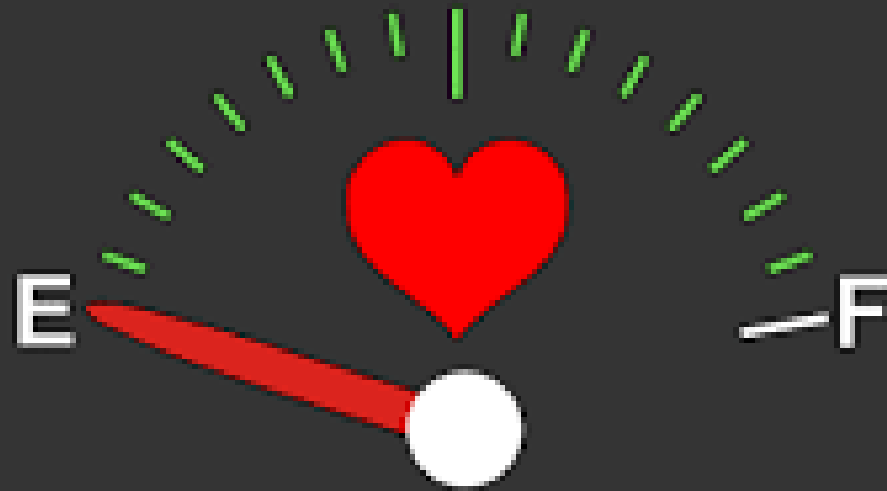




- 
- **Computer Vision Syndrome**
  - Tension Headaches/Migraines
  - Eye irritation/Eye pain
  - Blurred or Double Vision
  - Eye Tearing/Dryness
  - Excessive Blinking
  - **Lack of Focus**
- 
- **Warm Eye Compress**
  - **Blue Light Blocking Glasses**
  - **Progressive Muscle Relaxation**



# COMPASSION FATIGUE?



Physical/Emotional Exhaustion

Desensitization

Depersonalization

Irritability

Difficulty Sleeping

Feeling of Inequity (caregiver/therapeutic )

Weight Loss

Headaches

Poor satisfaction with job/assignment

Professional Therapy

Meditation

Journaling

Exercise/Sleep

**Then God blessed the seventh day and  
make it holy; because on it He rested  
from all the work of creating that he had  
done.**

- **Genesis 2:3 (NIV)**

**Rest**

