

Reflection #34
By Eugene Dufour

Take A Risk and Talk to Someone That is Suffering from Emotional Fatigue

We have been aware of COVID-19 for the past six months and the emergency order to shut down and socially isolate for nine weeks. There is a constant fear of infection. If we have a loved one die, family members were robbed of being present for the death. Family and friends did not have the assistance of participating in funerals, celebrations of life and other grieving rituals. Healthcare providers have continuously been at the front line of suffering and exposed from this virus.

Healthcare providers, their family members and the worried well could be showing the signs of the Trauma Exposure Response listed below:

1. Feeling helpless and hopeless
2. A sense that one can never do enough
3. Chronic exhaustion
4. Guilt
5. Anger
6. Feeling numb
7. Fear
8. The inability to feel compassion.

It is crucial to be proactive and get support if we are experiencing any of these signs of the trauma exposure response. Research shows that usually it is our co-workers that become aware if we are struggling.

Two simple but difficult requests:

- A. Take a risk and talk to a co-worker or a family member that is struggling with this type of emotional fatigue.
- B. Listen and act if a co-worker or family member expresses concern about your emotional fatigue.

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

Rachel Naomi Remen, Kitchen Table Wisdom 1996

