



Compassion Fatigue And Burnout

www.compassionfatigueandburnout.org

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Blank Wheel of Stress

Activity 2

Write the top 8 things in your life that stress you out on a daily or weekly basis. Then, just like activity 1, rank your current reality from 1 to 5 in each of the categories on the wheel below.

What is this telling you about the stress in your life? What areas do you need to focus on?

