



Don't Forget About You!

Please be aware that navigators are at risk for compassion fatigue, as it is fueled by the emotional burden of wanting to help people who are suffering. AONN+ would like to remind navigators to take care of themselves by sharing the following suggestions:

- Acknowledge emotions and express them
- Keep your immune system as strong as possible through exercise, sleep, and a healthy diet
- Reduce life stress outside work
- Engage with counseling and behavioral resources as needed

Reference: Gentry E. Fighting compassion fatigue and burnout by building emotional resilience. *Journal of Oncology Navigation & Survivorship*. 2018;9(12).