



## How to Deal with Compassion Fatigue as an Educator

Compassion fatigue is a term that was first used to describe what mental health therapists experience when working with traumatized clients, but we now understand that other professions face compassion fatigue too — including medical practitioners and educators.

A recent study conducted by education leaders in Alberta found that up to half of their teachers were facing symptoms of compassion fatigue. If you've been feeling exhausted, burnt out, and pessimistic at work, download our tip sheet for some practical tips to beat compassion fatigue.

[Download](#)

## SPECIAL OFFER

### 50% off Iris' Units of Study

We want to make sure educators are supported. For the rest of April, we are offering our Units of Study at 50% off.

The He Shoots! He Scores! Units of Study is a curriculum-aligned program that makes it easy for educators to implement mental health education and promote self care in the.

Use code: **TEACHER50** at checkout, or click the link below to automatically apply the discount to your order. Offer ends April 30th @ 11:59PM EST.

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At Iris, our mission is to develop accessible tools and products to help practice good mental health and wellness throughout one's life. To date, we have successfully donated \$1.2 million worth of resources and with your support, we can grow further!

A generous gift of **\$10 CAD** (or foreign currency equivalent) can cover the cost of a printed book donation to a school or frontline mental health organization.

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