

# Gaining Advantage 025: Outrage Fatigue: Taking a Short Rest

February 10, 2023



This week, we welcome Simone Arnold, owner of Hero's Journey Counseling in Vermont, who discusses outrage fatigue, which can lead to burnout and empathy fatigue, how to balance the desire to make the world better with our own limitations, and prioritize rest.

0:00 Introduction

8:59 Interview: Simone Arnold, owner of Hero's Journey Counseling

31:15 Wrap-up

Manually captioned. Transcript available at our website.

## Simone Arnold Links

- Website: <https://www.herosjourneycounseling.net>
- Youtube: <https://www.youtube.com/@herosjourneycounseling7933>
- TikTok: <https://www.tiktok.com/@simonearnoldmc>
- Twitch: <https://twitch.tv/dessicanuvell>

# Wyrmsworks Publishing

- Limitless Heroics: [http://wyrmsworkspublishing.com/product/limitless-heroics/?utm\\_source=youtube](http://wyrmsworkspublishing.com/product/limitless-heroics/?utm_source=youtube)
- The Lair: <https://cutt.ly/LairYT>
- Inclusive Artwork: Fantasy Stock Art with Disability Representation for TTRPGs: [https://crowdfunder.com/inclusiveartwork/?utm\\_source=youtube](https://crowdfunder.com/inclusiveartwork/?utm_source=youtube)

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