



Taking care of Yourself

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Learning Objectives

- ▶ I am able to express the importance of self-care for advocates
- ▶ I can recognize the signs of vicarious trauma
- ▶ I learned self-care strategies that will be most helpful for me and to help prevent burn out

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What to Call It

- ▶ Burnout
- ▶ Vicarious Trauma
- ▶ Compassion Fatigue
- ▶ Secondary Traumatic Stress
- ▶ Trauma Exposure Response



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► Vicarious Trauma

Cumulative transformative effect upon professional who is working with survivors of traumatic life events

► Secondary Trauma

Emotional & physical effects experience through vicarious exposure to the details of the traumatic life events of others

► Compassion Fatigue

Emotional residue of exposure to working with those suffering from the consequences of traumatic events

► Burnout

Feeling that things that inspire passion are stripped away, replaced by unpleasant things; causing work stress



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Survivors in the Field

- We need to create spaces that support survivors working as advocates



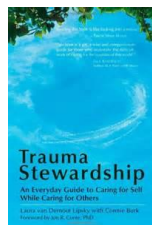
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Trauma Stewardship

Trauma Stewardship:

An Everyday Guide to Caring for Self While Caring for Others

Laura van Dernoot Lipsky
<http://traumastewardship.com/>



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Understanding Trauma Stewardship

Trauma Stewardship can be defined as a daily practice through which individuals, organizations, and societies tend to the hardship, pain, or trauma experienced by humans, other living beings, or our planet itself.

Trauma Stewardship, 2009



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3 Levels of Trauma Stewardship

Personal Dynamics

- ▶ Who we are as people

Organizational Tendencies

- ▶ Shapes its culture
- ▶ Collective capacity

Societal Forces

- ▶ Systematic oppressions

Trauma Stewardship, 2009



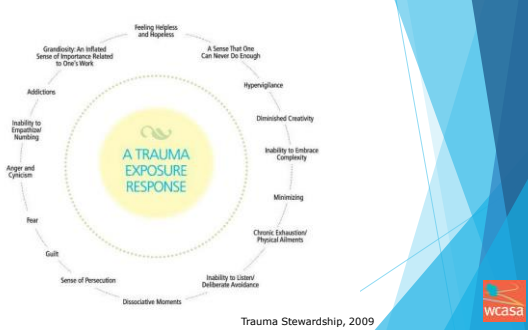
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"Because trauma exposure hits so close to home for so many people working in helping professions, it can be hard not to feel defensive or overwhelmed when learning about it. Acknowledging the presence of a trauma exposure response means recognizing that things are definitely not how we'd like them to be in our lives."

Trauma Stewardship, 2009



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What do we do if we recognize one or more warning signs of a trauma exposure response?

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Vicarious Trauma ABC's

► AWARENESS

being attuned to one's needs, limits, emotions & resources; practice self-acceptance

► BALANCE

maintaining work/life balance; focusing on work, play & rest

► CONNECTION

maintaining supportive relationships; practicing communication

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How Do We Fix It?

Time does not heal all wounds — It's what you do with time that aids healing. Don't stop using what already works for you, but consider these additional tips.

Change your physiology in 2 minutes. Inhale through your nose; exhale through your lips as if they were wrapped around a straw.



Shift your thoughts: If you shift your attention, your previous overwhelming emotions will usually subside in 90 seconds.



Practice gratitude: Research shows that if you have gratitude, you are much more likely to have happiness.



Journaling: Not for everyone, I admit, but put pen to paper, and you just might run out of ink.



Exercise humor! It's essential in all health care environments.



Speak up! If a colleague is struggling, call them out on it in a sensitive way. Give them permission to talk about how stress is negatively manifesting.



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Practice Mindfulness

- ▶ Approach everyday things with curiosity
- ▶ Forgive mistakes
- ▶ Show gratitude (good) & grace (bad)
- ▶ Practice compassion
- ▶ Nurture connections
- ▶ Trust others – and yourself
- ▶ Accept that things come and go
- ▶ Embrace vulnerability & imperfection



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Self-Care Activity

On your own...

List all the things you do (or would like to do) to take care of yourself

- ▶ What *do* we do?
- ▶ What *could* we do?

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[illegible][illegible]

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[illegible]

Now What?

Select items that are realistic & fit your life

Work with other staff to support each other and promote self-care in your org/team

Make a plan/commitment

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Self Care Resources

- ▶ Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others
<http://traumastewardship.com/>
- ▶ Self Care & Trauma Work
http://www.nsvrc.org/sites/default/files/Publication_NSVRC_Overview_Self-Care.pdf
- ▶ Organizational Trauma and Healing
<http://organizationaltraumaandhealing.com/resources/>

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Take Action: ORGANIZATION

- ▶ Policies & practices
- ▶ Salary & benefits
- ▶ Support & supervision
- ▶ Training & expertise
- ▶ Proactive & responsive

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Take Action: COWORKERS

- ▶ Team Spirit
- ▶ Celebration & appreciation
- ▶ Share workload
- ▶ See the big picture
- ▶ Laugh



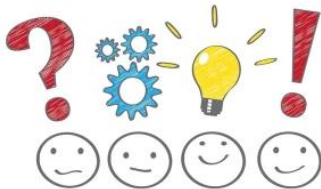
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Take Action: YOU

- ▶ Be proactive
- ▶ Make it part of your daily routine
- ▶ Find what works for you
- ▶ Do it as a group
- ▶ Ask for help



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