

Ways to avoid burn-out/compassion fatigue/ways to De-stress
Feedback from trainings

Good

- Eat Healthy
- Exercise
- Self-Reflection
- Massages

- Make time for myself – I take care of everyone but me

- Exercise
- Go out with friends

- Sleep
- Exercise
- Take time off
- Have a “me” day
- Eat Healthy

- Diet appropriately
- Exercise appropriately
- Reduce Stress
- Say no to extra responsibilities/duties
- Sing
- Take breaks @ work
- Identify exact work stuff to do

- Take time for myself
- Go to doctors unless absolutely necessary

- Be social – outings with friends
- Get enough sleep
- Exercise enough
- Drink enough water
- Slow thoughts down/take deep breaths

- Leave work at a reasonable time
- Exercise enough

Bad

- Talk about work with friends/family
- Over-eat
- Drink too much caffeine
- Don't exercise

- Too much time with technology

- Eat too much
- Do not exercise
- Not negotiate for my needs
- Take vacations

- Do not sing
- Be aware of nonmalleable (?) aspects of life
- Do not take a break during the whole day
- Balance caseload
- Say no to extra responsibilities

Vicarious Trauma: Bearing Witness to Trauma

Some Possible Signs of Vicarious Trauma

Physical:

Tired, low energy, sleeping disturbances (nightmares), changes in sex drive, and physical symptoms associated with stress, such as muscle tension, headaches, ulcers.

Emotional:

Detached, lonely, overwhelmed, anxious, depressed, despair, hopelessness, unfulfilled

Social:

Withdrawn, prefer to be alone or doing alone activities, spend free time enmeshed with work-related activities, difficulty balancing personal/ work life.

Psychological:

Decreased motivation and drive, changes in cognitive schemas and world view, hypersensitivity to trauma issues in everyday life, cynicism, distorted world view (trauma perspective), recurrent thoughts about work, difficulty detaching from work mentally, searching.

Note: additionally, some will also experience symptoms associated with Post Traumatic Stress disorder and a form of secondary PTSD.