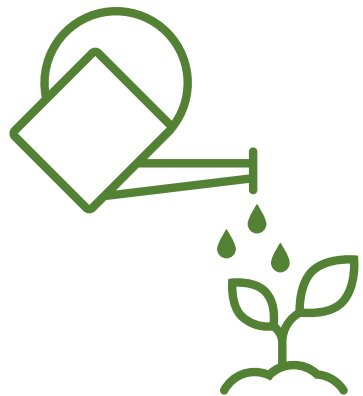


How can we look after ourselves
when taking care of others?



What is secondary trauma?



- ❑ **Secondary Traumatic Stress** refers to the experience of PTSD symptoms cause by at least one indirect exposure to traumatic material. There are other terms that express this definition. For example: Compassion fatigue, which is another term to describe secondary stress trauma.
- ❑ **Vicarious Trauma** refers to the potential effect of anyone who engages empathetically with survivors of traumatic incidents. This is a theoretical term that focuses more on the cognitive changes that occur following consistent exposure to another person's traumatic material.
- ❑ **Burnout** refers to the emotional exhaustion, depersonalisation, and reduce feeling of personal accomplishment. This term is not used to describe the effects of indirect trauma exposure.

Spotting the signs



Compassion Fatigue

Absorption of service user pain, lead to professional and person impacts (Berzoff & Kita, 2010)

Symptoms:

- Low Self Esteem
- Poor concentration
- Apathy
- Overwhelmed, drained powerless
- Anxiety, guilt anger, fear, sadness
- Negativity, irritability.

Burnout

Happens slowly over time, involving a depletion or loss of coping resources.

- Disenchantment: overwhelmed with stress of the job & feeling you are not impacting the service user positively.
- Physical and emotional exhaustion, involving the development of negative self-concept, loss of concern and feeling for service users (Pines & Maslacz, 1978)

Vicarious Trauma

- Intrusion: thoughts, dreams, flashbacks, distress at cues/reminders
- Avoidance: thoughts, memories, feelings, people, places or conversations
- Mood: Negative beliefs/thoughts, blame, detachment
- Arousal/Reactivity: irritable, angry, hypervigilance, concentration/memory issues or sleep problems.

Colleagues



If you feel that someone you work with is struggling and be concerned that you do not know what to say. This is normal.

Remember that simply talking and listening to somebody can be powerful enough to help someone in distress.

Ask open questions:

When? – “When did you start feeling like this?”

Where?- “Where did this happen? the time?”

What? “what else happened?”

How? “How did that feel?”

Do say:



I am concerned about you



I would like to speak to XX in confidence to make sure I give you the best support I can



I can support you to tell your manager

! The most important thing is to get the person the right support and hopefully then they will feel happier having their manager involved. You can signpost your colleague to your organisation's employee assistance programme or a mental health first aider

Looking after yourself




Supporting and working with individuals who are or have experienced trauma can have effects on our own mental health and wellbeing. It is important to take care of ourselves, so that we can continue to support others.

You might feel powerless, irritable, low in mood or another range of emotions. It is important not to blame yourself for how you are feeling.

Find support for yourself:

- Speak to a Mental Health First Aider
- Talk to your manager/peer support group
- Talk to a family member or friend
- [Samaritans- Our Frontline](#)
- [MIND- Supporting Someone else](#)

What is Self-Care?

 Self-care is about keeping health and understanding when you need to take care of yourself, both mentally and physically.





 Self-care and mental wellbeing do not have one set meaning.

It could be:

- How we feel
- How we are coping with daily life
- What feels possible right now







“Self-care isn’t selfish”

Why is self-care important?

-  It helps us maintain a healthy relationship with ourselves
-  Improved immunity
-  Increased positive thinking & resilience
-  Less susceptible to stress, anxiety and depression

“It's ok to take time for yourself”

Methods of Self-Care

-  Find ways to relax and reduce stress
-  Learn something new or do something creative
-  Spend time in nature
-  Connect with others (colleagues, friends, family)
-  Look after your physical health (regular exercise & eating well)
-  Get enough sleep

*“Take a breath,
take a moment”*

Wellbeing Action Plan

This as a tool we can all use to help us identify what keeps us well, what causes us to feel stressed/low and what we can do to address this.

Think about:

- What do you enjoy?
- What makes you relax and reduces stress?
- What do you do for hobbies?
- Who do like to be with?
- Who makes you laugh?

Wellbeing Action Plan

What are your triggers? (What makes you feel stressed/overwhelmed?)

- Example 'lots of meetings at work', 'taking care of a family member' etc

What are your symptoms/indicators of becoming overwhelmed?

- Example 'binge eating', 'mood swings', 'not sleeping properly'

What self-care methods could you use to minimise this?

- Example 'a creative activity', 'taking a bath', 'going for a walk', 'speaking to a friend'

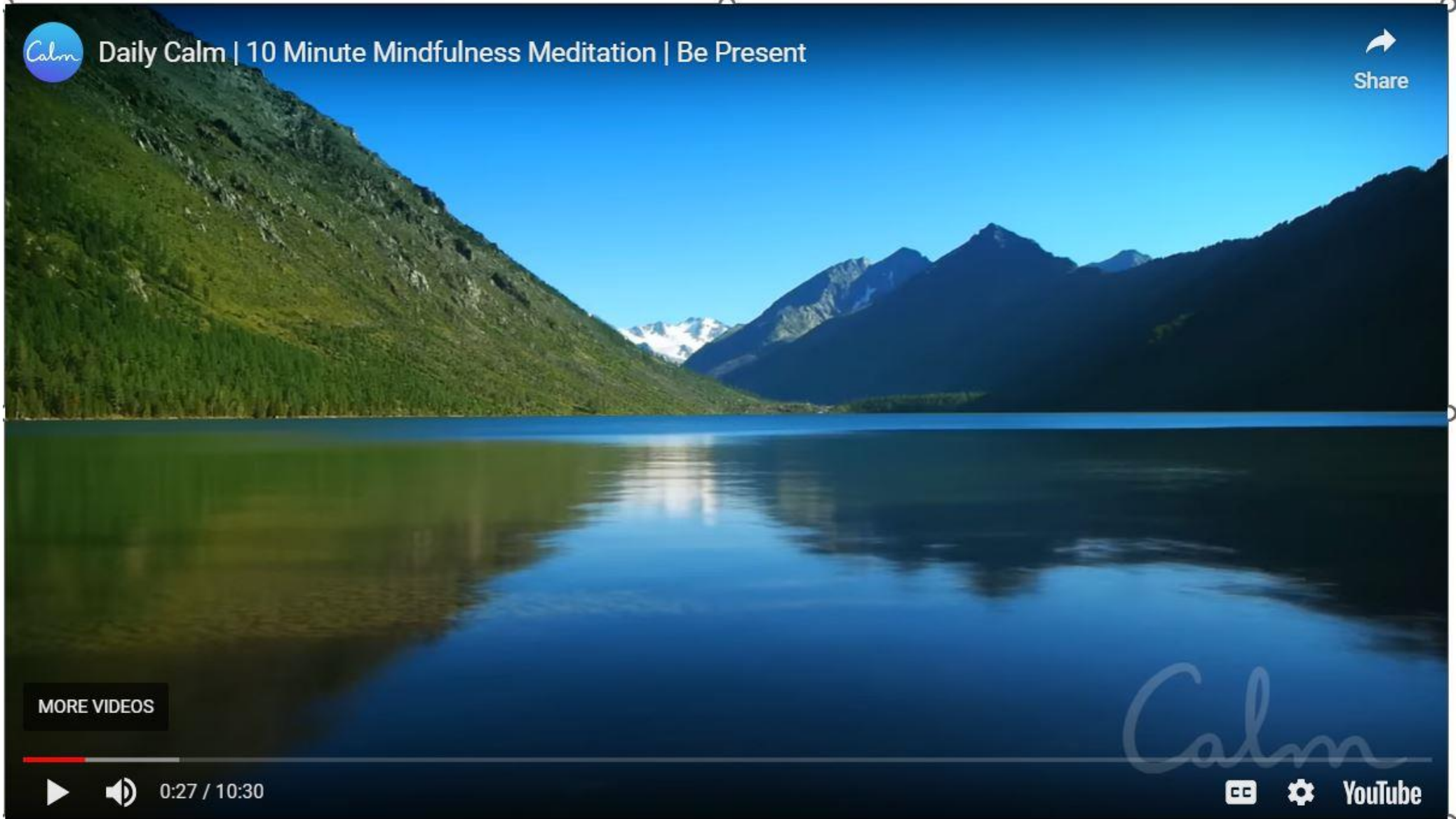
[Click here to download the Wellbeing Action Plan](#)



Daily Calm | 10 Minute Mindfulness Meditation | Be Present



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