Impact of Trauma Exposure & Self-Care

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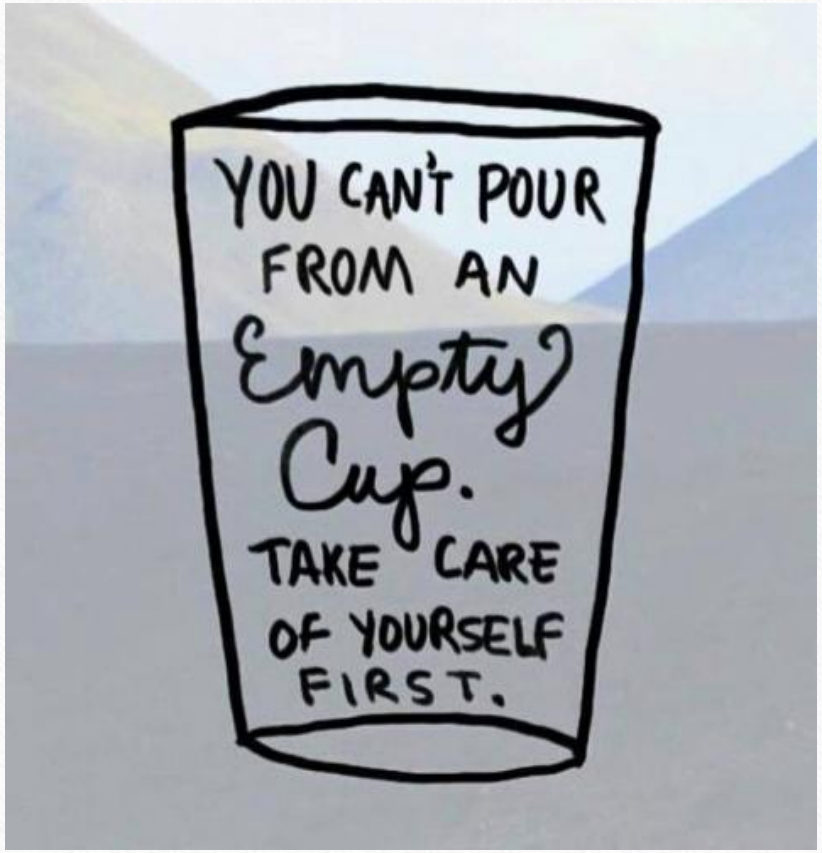
Greater Richmond SCAN

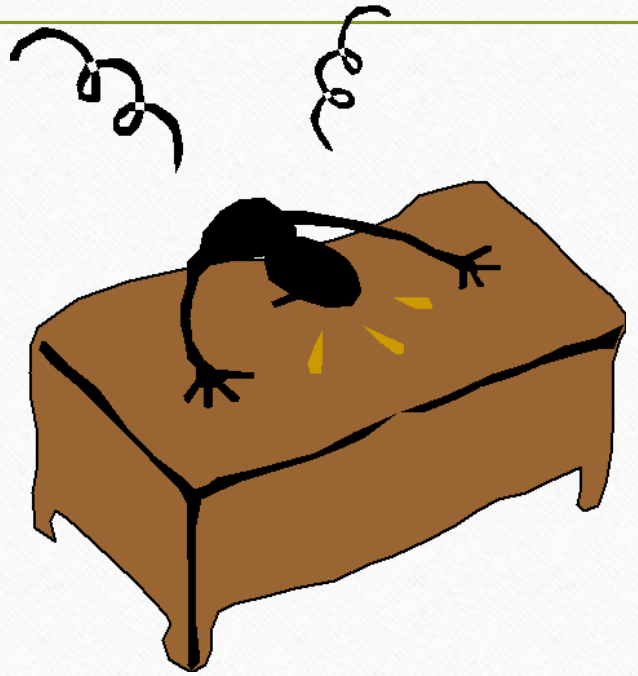


Grounding Technique

Objectives

- Review Impact of Trauma Exposure
- Breathing and Grounding
- Self-Care Throughout your Day
- Explore Using the Five Senses

How are we exposed to trauma?



Reviewing Terminology

- **Trauma Exposure Response:** A trauma exposure response is defined as the transformation that takes place within us as a result of exposure to the suffering of other living beings or the planet.(van Dernoot Lipsky)
- **Burnout:** a prolonged response to chronic emotional and interpersonal stressors on the job and is typically identified within the three dimensions of exhaustion, cynicism, and sense of inefficacy. (Maslach)

Understanding Terminology (cont.)

- **Compassion Fatigue:** The person's reduced capacity or interest in being empathic or bearing the suffering of clients and is the natural consequent behaviors and emotions resulting from knowing about a traumatizing event experienced or suffered by a person and consisting of the above two parts, burnout and secondary trauma.
- **Secondary Traumatic Stress:** a cluster of symptoms nearly identical to PTSD which results from the stress of working with or intimately knowing somebody who has been traumatized or is suffering (Perron and Hiltz)

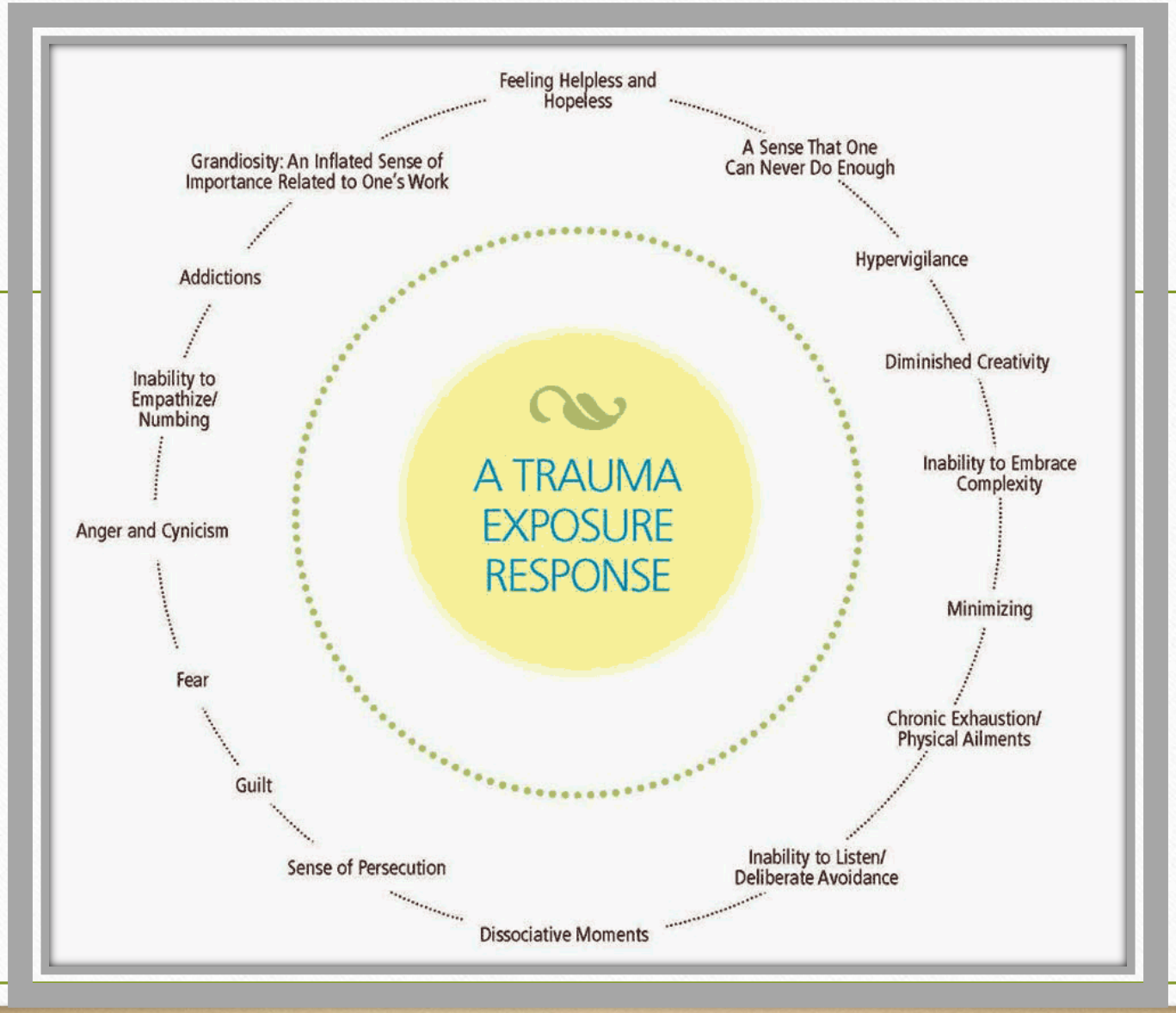
Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

Ted Talk: "Beyond the Cliff"
Laura van Dernoot Lipsky

Risk Factors

- Having own Trauma History
- Lack of Training or Supervision
- Lack of Social Supports
- Stress management and Coping Skills
- Large caseloads

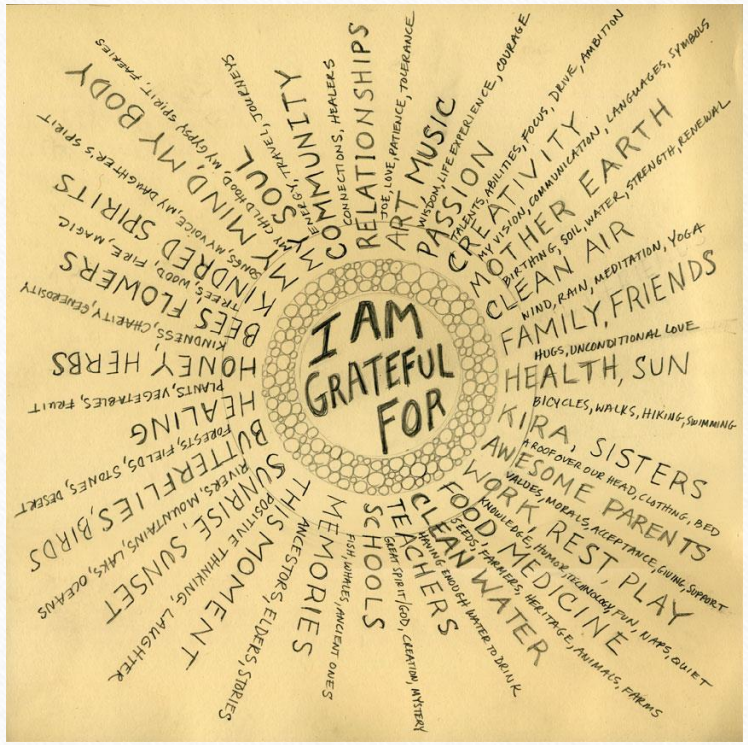
Trauma Response Indicators



Self-Care Through-Out Your Day

Re-wire your mind!

- ✓ Gratitude
- ✓ Perspective Taking
- ✓ Reframing
- ✓ Self-Compassion
- ✓ Forgiveness



Grounding Self

Breathing

5-4-3-2-1

Movement

Touch

Smell

What can you do today?

Resources

- **Apps**: Calm (mediation to relax, focus and sleep), Insight Timer (guided mediations), Meditation Studio (guided mediation), Headspace (mindful mediations), Anti-Anxiety
- **Podcasts**: Adrian Cooke, Urban Dharma, Heather Lilleston, Brain Sync, On Being, Tara Brach
- **Classes**: Project Yoga Richmond (donation-based)

TAKE CARE

"Be aware of your awareness and pay attention to your intention" – Dr. Daniel Siegel