Secondary Trauma Handout

Secondary Trauma, also known as secondary traumatic stress, compassion fatigue, or vicarious trauma, occurs when an individual is exposed to the traumatic experiences of others, leading to emotional distress.

Simple Questions to Begin Assessing Secondary Trauma:

- Why did you get started in this line of work?
- What effects does the work have on you?
- What do you do after a particularly difficult day at work?
- How do those close to you, namely your family and friends, think your work affects you? (Consider asking them directly.)
- What might help strengthen your resiliency?

ABC's of Self Care and Resilience

Awareness

- Be aware of how your responses to stress look and feel like for you, and when they are more likely to be triggered.
- Practice self-regulation plan (e.g., deep breathing, moving around, drinking water, etc.)
- Respect others' decisions, while also knowing what is right for you.

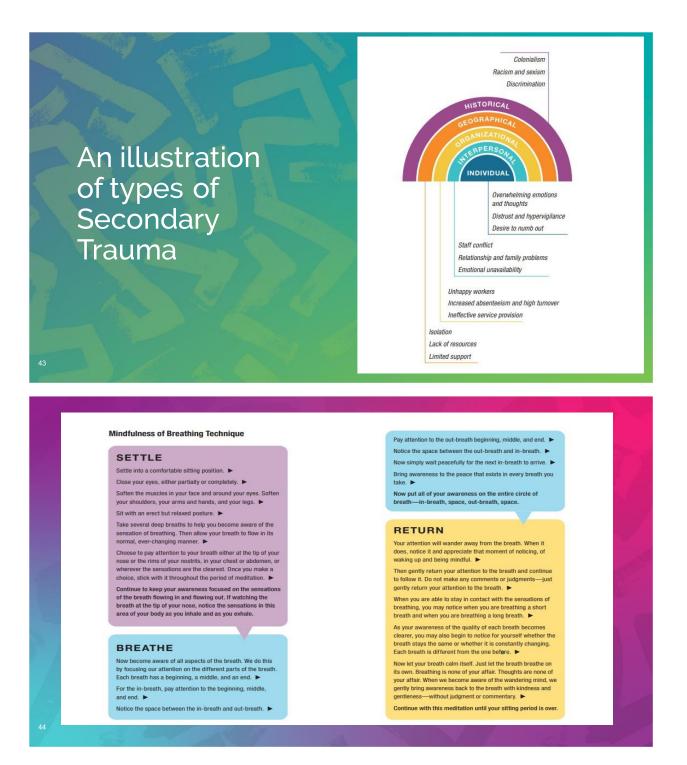
Balance

- Create realistic routines, including regular physical/mental breaks!
- Practice reframing and look for opportunities in challenges.
- Communicate expectations/boundaries (e.g., when you need space, when you will be available, etc.).

Connection

- Make intentional time to connect with colleagues, friends, and family.
- Notice what is working/going well, capacity, strength & success.
- Find opportunities for humor and laughter.

Children's Home Society of Missouri. (n.d.). Secondary trauma: The effect of traumatized children on caregivers. Jefferson City, MO: Author. http://modiligentrecruitment.org/documents/Secondary%20Trauma%20Parents.pdf



Fun and Engaging Self-Care Plan Template

Welcome to your personalized self-care plan! This template is designed to help you create a comprehensive and enjoyable self-care routine to combat the effects of secondary trauma. Remember, self-care is not a luxury; it's a necessity for your overall well-being.

College Changes Everything:

Working with Secondary Trauma Self Care Plan

Mindfulness and Relaxation Practices

•	Meditation or Mindfulness App/Channel:			
•	Yoga/Tai Chi Class or Video:			
•	Progressive Muscle Relaxation Technique:			
Creative Outlets				
•	Art Therapy Activity (e.g., painting, drawing, sculpting):			
•	Writing/Journaling Prompts or Style:			
•	Musical Instrument or Music Therapy Activity:			
Physical Self-Care				
•	Enjoyable Exercise or Physical Activity:			
•	Outdoor Activity or Nature Exploration:			
•	Massage, Spa Treatment, or Self-Care Ritual:			
Social Support				
•	Support Group or Peer Supervision Details:			
•	Social Activities with Friends/Family:			
•	Fun Group Activity or Outing:			
Professional Development				
•	Continuing Education Opportunity:			
•	Supervision or Consultation Resource:			

Personal Therapy or Counseling: _______

Weekly Self-Care Schedule

Use this section to plan your self-care activities for the week, ensuring a balanced routine.

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Reflections and Adjustments

Use this space to reflect on your self-care practices, note any challenges or successes, and adjust as needed: Remember, self-care is an ongoing journey, and it's essential to be kind and patient with yourself. Celebrate your progress and enjoy the process of nurturing your well-being.