

Trauma Stewardship

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You have the OPPORTUNITY & RESPONSIBILITY to care of yourselves FIRST so you can continue to have, for as long as you desire, something to give the individuals and families you serve!! KJ Brant

Secondary Trauma Exposure Response Checklist

PHYSICAL HEALTH SIGNS

- Chronic Fatigue or Exhaustion
- High Blood Pressure
- Diabetes
- Compromised Immune System
- Obesity
- Addiction

MENTAL HEALTH SIGNS

Not Doing Enough!

- I have got to do something!
- I should be doing more!
- I can never do enough!
- If I focus on myself, I am abandoning my mission!
- I must express solidarity by suffering yourself!
- Feel helpless while helping!
- Feel guilty when not working!
- Work is the sole source of self-worth!

Too Much To Do!

- Too much pressure
- Can't focus
- Short attention span
- Anxiety
- Overwhelmed
- Overburdened
- Frenzied
- Can't turn off

- Hypervigilance, Hyperarousal-always on
- Assess everything & everyone, even when not working
- Live in states of dysregulation- stuck on high or low
- Struggle to detach from work

Hopelessness

- Despair
- Powerless
- Inadequacy
- Defeated
- "Failure to Thrive"

Isolated

- Keep to self
- Too tired to exercise
- Avoid speaking about work
- Lonely
- Miss camaraderie of friends
- Reclusive
- Depressed
- Fearful
- Too tired to go out w/ friends or family

Cynical

- Angry
- Loss of compassion
- Impatient
- Callous
- Numb
- Struggle to empathize
- Desensitized
- Negative or pessimistic thoughts

WARNINGS IN THE WORKPLACE

- Lack of Engagement
- Service rationing
- Bare minimum
- Struggle to be present
- Avoidance/shirk responsibilities
- Diminished creativity- crave structure
- Inability to embrace complexity
- Short-sighted
- Shooting for lowered goals
- Lack of attention
- Lack of accountability
- Minimizing effort

Loss of Compassion

- Struggle to be present
- Tired of taking care of people

- Inappropriate moments of dissociation
- Clients are a pain
- Clients keep you from getting work done
- Annoyed (with clients or co-workers or leadership)

Unethical Behavior

- Fatigue management
- Callous with clients
- “That’s not my job!”
- Rationalization for not doing job duties
- Judging, taking sides, gossip, catty
- Sense of entitlement
- Behaving in ways you never would have!

Steward Your Secondary Trauma!

- Understand Trauma Exposure Response**
- Understand Warning Signs in the Workplace**
- Take Stock of Yourself**
 - *What is your history of hardship, pain, suffering, or trauma?*
 - *What led you to the work you do?*
 - *Where are you now?*
 - *How have you (feelings and behaviors) changed?*
 - *How are you different from what you were before?*
 - *How different is your worldview as a result of your work?*
 - *Are you having a hard time?*
 - *Is this sustainable?*
- Acknowledge the Existence of Secondary Trauma in Yourself**
- Set Intention to Steward Your Trauma**
- Set Goals**
 - **Reconcile** your own joy with the irrefutable fact of suffering in the world.
 - **Believe** your capacity to help others is greatest when you are determined to care for yourself.

- **Enable** yourself to return to a balance or homeostasis.

- Reflect on Needs and Motivations**
 - “True Believer”/ “Servant’s Heart”
 - Enjoy working
 - Volunteer
 - Change the world
 - Lived-experience
 - Giving Back
 - Belonging
 - Desire to increase own resilience
 - Financial security
 - Primary provider
 - Debt, can’t retire yet
 - Self-actualization
 - Self-esteem
 - Achievement
 - Affiliation
 - Challenge
 - Prestige, Status, Power
- Finding a Supportive Community**
- Identify What is Strong With You!**
- Practice Gratitude**
- Practice Mindfulness**
- Journal**
- Find Rhythm & Mind-Body Balance (through mind-body strategies)**
 - Breathe
 - Meditate/Yoga
 - Tap/Rock
 - Dance/Drum
 - Walk/Run/Hike
 - Row/Swim/Sports
 - Garden/Sew/Cook/Fish
 - Music/Sing/Chant
 - Draw/Paint/Color/Doodle
 - Nature
 - Pet
- Rise Hope**