

A large teal circle is centered on a white background. The word "Trauma" is written in white, bold, sans-serif font in the center of the circle.

**Trauma**

# Trauma

Trauma is an intense, distressing event that overwhelms a person's ability to cope. It can result in lasting negative effects on a person's emotional and physical well-being.



# Trauma Myths and Facts

Trauma is always a single, distinct event

Trauma can affect your physical health

"Time heals all wounds"

The brain can adapt

Seeking help is a sign of strength



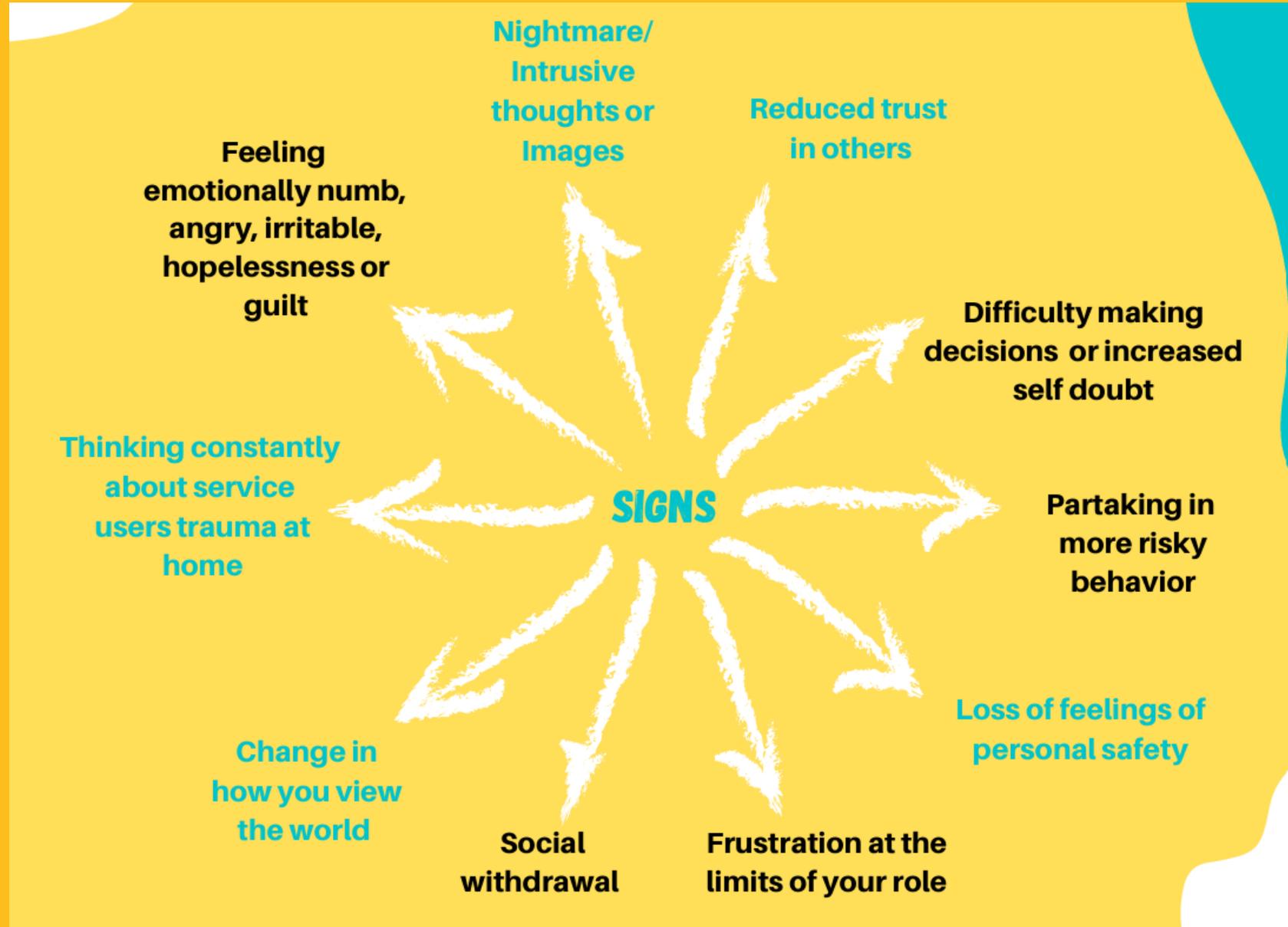
# Vicarious Trauma

The cumulative impact on how we view the world as a result of working with and listening to the stories of those who have experienced traumatic events.

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

R. Remen, 1996

# Commons signs



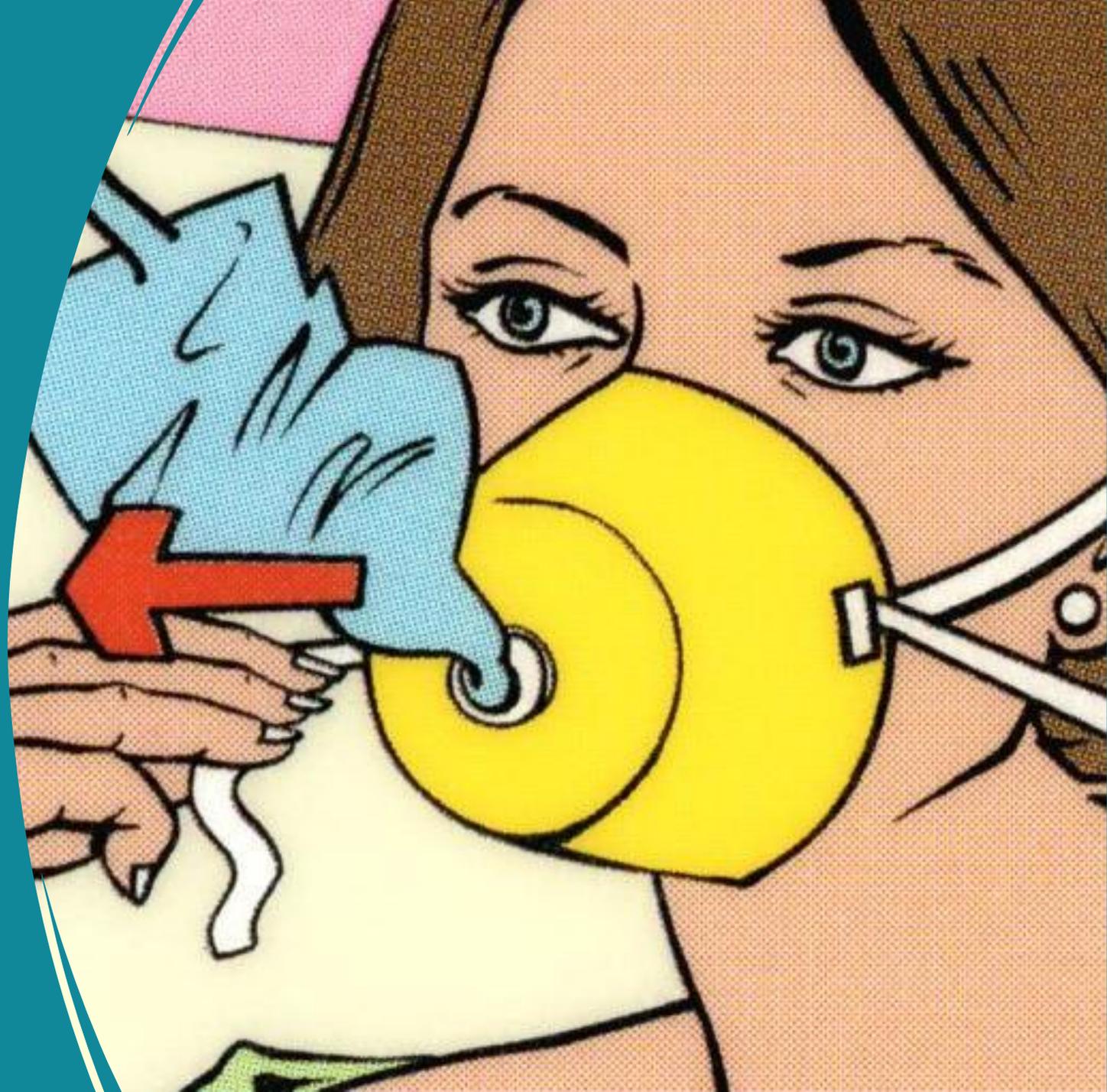
# Increased risk

- Feeling inexperienced or unprepared for your role
- Lone Working
- Prolonged exposure to traumatic events
- Previous traumatic experiences or mental health challenges
- Lack of emotional support and debriefing
- Social isolation
- When an organisation is not aware of and acting to reduce risk of VT
- Inadequate self care practice

# Supporting Yourself

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- Just 12% of staff say their charity is well equipped to handle burnout
- 75% had either personally experienced burnout or witnessed colleagues struggling with it in the last 12 months.



# How can you minimise Vicarious Trauma?

- Schedule in regular breaks
- Maintain boundaries including a good work/life balance
- Practice good self-care including regular movement, good sleep, healthy eating etc.
- Avoid back-to-back meetings, allow time to process
- Reflective practice, debriefs, supervisions
- Access professional support
- Training, upskill
- Be honest about what you can accomplish
- Acknowledge what you can and can't control

# How often do you engage in self care practices?

- Rarely or never
- Occasionally
- Regularly
- Always