

**CARING FOR THE CAREGIVERS:
STRESS, VICARIOUS TRAUMA,
RESILIENCE AND WELLNESS**

You can't sleep the waves from coming, but you can learn how to surf.

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OBJECTIVES

- At the end of this Session the participant will be able to:
 - Identify the Physical, Emotional, Behavioral and Psychological signs of Stress
 - Differentiate Primary Stress, Secondary Trauma, Vicarious Trauma (VT) and Compassion Fatigue.
 - Identify the areas of the brain that are affected by stress and trauma and how they vary in responsiveness.
 - Explore ways to mediate the effects of VT.
 - Identify the important components and values of your own life journey.
 - Identify ways to increase resiliency and live a life of joy.
 - Know your Why/Meaning
 - Create an individualized VT wellness self-care plan.

POLL

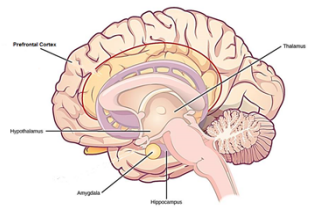
- Signs of Stress
 - Choose all that apply for each of the 4 domains.

What Happens in the PTSD Brain?




- Fight or Flight Response stays activated
- Amygdala is overstimulated
- Hippocampus/memories functioning lessened
- Frontal lobe/executive Functioning lessened
- These functions are said to have become dysregulated

PTSD and the Brain



http://vaveteran.org/33-5/33-5_reidlyon.html


TRAUMA-INFORMED CARE




- Trauma-Informed Care
 - Our goals are to:
 - provide support and understanding,
 - while helping trauma survivors regain a sense of control and empowerment,
 - and to avoid unwittingly re-traumatizing survivors

<http://traumainformedcareproject.org/>
<https://doos.psychcentral.com/caregivers/2015/09/7-ways-to-avoid-re-trauma#2ing-a-trauma-victim>

Managing Stress





Joys





Emotional Safety Plan

- 1.
- 2.
- 3.
- 4.
- 5.



Draw Grid: Values that Guide Your Life  

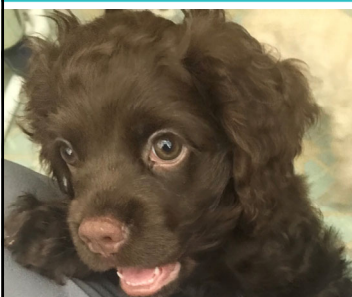

Values	%	R


HOW CAN YOU INTERVENE?  

KNOW YOURSELF


- Important Values:
 - Who are you?
 - What are your Values?
 - What is important to you?
 - Who/What do you hope to become?
- Activity: Solo Activity
- Add to tree.

WHAT BRINGS YOU JOY?  


KNOW YOUR WHY/MEANING 

- Why do you do this work?
- What Brings Meaning to Your Life?
- Add to tree.


CONCEPTUALIZE WELLNESS 

EMBRACE WELLNESS:

- Embrace a personal and professional commitment to your own wellness and self-care.
- Activity – Wellness inventory
 - What do you do to take care of yourself? Nurture yourself?
 - Mental
 - Physical
 - Social
 - Emotional
 - Spiritual


WELLNESS INVENTORY 

Mental/Cognitive	Physical	Social	Emotional	Spiritual
<ul style="list-style-type: none"> • I can do this. • This too shall pass. • You got this. • - to + • Helps the children/families 	<ul style="list-style-type: none"> • Exercise • Hiking • Walking • Eating • Sleeping • Dr. Appts. 	<ul style="list-style-type: none"> • Family • Friends • Crafting • Hobbies • Community Events 	<ul style="list-style-type: none"> • Cry/Feel Emotions • Therapist/healer • Pets • Friends • Family 	<ul style="list-style-type: none"> • Meditation • Mindfulness • Breathing • Faith/Prayer/Gatherings • Song/Music • Nature • Alternative medicine

EMBRACE RESILIENCE 


RESILIENCE

- Resilience is the ability to restore balance following a difficult experience and integrate it into the backdrop of one's total life experience.
- Resilience can be learned/built!
 - Pump up your positivity – Find redeeming potential or value in change
 - Live to learn – Use challenges to learn and grow
 - Open your heart – Being of service to others/Acts of kindness
 - Hang onto humor – Laughing reduces tension
 - Take care of yourself – Daily habits count

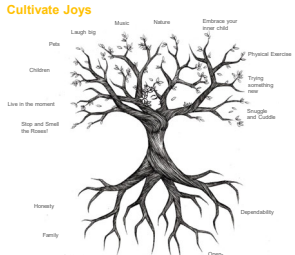
CARING FOR THE CAREGIVER 

DEVELOP AN EMOTIONAL SAFETY PLAN

- Individualized
 - What components of resilience and coping work for you.
- Be specific
 - Movie, book, TV show, blanket, old loved sweatshirt
 - Food/Cooking
 - Socializing – list of go to friends
 - Actions that are tried and true
 - Walk, dance, sing, beach, bath, journal
 - At work –what can you do?

Caring for the Caregiver 

Cultivate Joys




Live your Values

Know your Why/Meaning:
Protect Children, Help Families, Make the World a Better Place, etc.


Emotional Safety Plan

- BFF at Work/Home – Go to Person
- Supervisor
- Take a Walk/Run
- Find a Quiet Place/Meditate/Mindfulness
- Deep Breathe
- Gratitude
- Remind Self of Why/Meaning
- Cognitive Strategies that work for you
It will get better, I have support, I can do this, what can I learn from this?


LIVE AN AUTHENTIC LIFE 

BE AUTHENTIC


- Authenticity:
 - Be Genuine.
 - Know who you are and what's important to you as a human being.
 - Know what brings you joy!
 - Embrace resiliency. What brings you hope? What keeps you going?
 - Embrace wellness
 - Find meaning for yourself
 - Develop an emotional safety plan
- We are all unique and wonderful human beings with so much to offer. And with a life to enjoy!

RESOURCES FOR TAKING CARE OF YOU 

- <https://211sandiego.org/>
- Self help and support groups
- Books and other publications
- Online resources
- Licensed mental health professional
- Spiritual Counselor
- Social Support
- <https://suicidepreventionlifeline.org/>



Thank you for all that you do!
Remember to take care of you too ☺

REFERENCES 

- <https://www.blueknot.org.au/Workers-Practitioners/For-Health-Professionals/Resources-for-Health-Professionals/Vicarious-Traumatisation>
- http://www.who.int/occupational_health/publications/pwh3rev.pdf
- https://www.nctsn.org/sites/default/files/resources/secondary_traumatic_stress_child_serving_professionals.pdf
- <http://www.nctsn.org/resources/topics/secondary-traumatic-stress>
- <https://us.sagepub.com/en-us/ham/strengths-based-therapy/book237710>
- <http://www.nctsn.org/resources/topics/secondary-traumatic-stress>
- https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend
- <https://blogs.psychcentral.com/caregivers/2015/06/7-ways-to-avoid-re-traumatizing-a-trauma-victim/>
- <http://traumainformedcareproject.org/>

RESOURCES

- Figley, C.R. (Ed.), (1995) *Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in those who Treat the Traumatized*. New York, NY: Brunner/Mazel.
- Stamm, B.H. (Ed.) (1995). *Secondary Traumatic Stress: Self-care Issues for Clinicians, Researchers, and Educators*. Baltimore, MD: The Sidran Press.
- The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization (Psychosocial Stress Series)
 - https://www.amazon.com/Compassion-Fatigue-Workbook-Transforming-Traumatization/dp/0904133979247/ref=sr_1_1?ie=UTF8&qid=1536039335&pf_rd_r=8-1&keywords=compassion+fatigue
- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
 - https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref=sr_1_2?ie=UTF8&qid=1536040558&sr=8-2&keywords=vicarious+trauma
- The Complex PTSD Workbook
 - https://www.amazon.com/Complex-PTSD-Workbook-Mind-Body-Connections/dp/1626196248/ref=sr_1_8?ie=UTF8&qid=15360084146&sr=8-9-spons&keywords=vicarious+trauma&psc=1
- The Resilient Practitioner: Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions
 - https://www.amazon.com/Resilient-Practitioner-Compassion-Prevention-Professions/dp/1139320070/ref=sr_1_8?ie=UTF8&qid=1536044518&sr=8-8&keywords=secondary+trauma
- The Kindness Cure: How the Science of Compassion Can Heal Your Heart and Your World
 - https://www.amazon.com/Kindness-Cure-Science-Compassion-Heart/dp/1626259690/ref=sr_1_19?ie=UTF8&qid=1536084549&sr=8-19&keywords=secondary+trauma

RESOURCES, CONT.

- Secondary Traumatic Stress Scale
 - https://www.researchgate.net/publication/254364576_The_Secondary_Traumatic_Stress_Scale_STSS
- Secondary Traumatic Stress-Informed Organizational Assessment (STSI-OA)
 - <http://www.uky.edu/CTAC/STSI-OA>
- Professional Quality of Life Scale (ProQOL)
 - <https://proqol.org/>
- Secondary Traumatic Stress, Compassion Fatigue, and Vicarious Trauma, Special Issue of Traumatology
 - <http://www.apa.org/pubs/journals/special/6232302.aspx>
- Canadian Mental Health Commission, National Standard of Canada for psychological health and safety in the workplace
 - <https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard>
- Compassion Fatigue: A review of the research to date and relevance to cancer-care providers
 - <http://journals.sagepub.com/doi/abs/10.1177/1359105308100211>
