

**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.

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**POLL**

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

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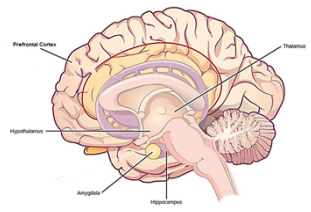


**What Happens in the PTSD Brain?**



- 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](http://vaveteran.org/33-5/33-5_reidlyon.html)

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**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://blogs.psychcentral.com/caregivers/2015/09/7-ways-to-avoid-re-traumaizing-a-trauma-victim/>

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**Managing Stress**



**Joys**



**Emotional Safety Plan**

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

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Draw Grid: Values that Guide Your Life  

Values	%	R

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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.

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WHAT BRINGS YOU JOY?  



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**KNOW YOUR WHY/MEANING** 

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

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**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

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**WELLNESS INVENTORY** 

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

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**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

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**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?

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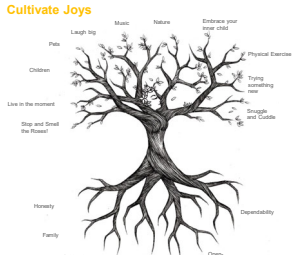
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**Caring for the Caregiver** 

**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?

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**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!

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**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 ☺

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**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](http://www.who.int/occupational_health/publications/pwh3rev.pdf)
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- <http://traumainformedcareproject.org/>

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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/0904133979?pf\\_rd\\_p=1174e=UTF8&qid=1536084058&sr=8-1&keywords=compassion+fatigue](https://www.amazon.com/Compassion-Fatigue-Workbook-Transforming-Traumatization/dp/0904133979?pf_rd_p=1174e=UTF8&qid=1536084058&sr=8-1&keywords=compassion+fatigue)
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  - [https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref=pr\\_1\\_2?ie=UTF8&qid=1536084058&sr=8-2&keywords=vicarious+trauma](https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref=pr_1_2?ie=UTF8&qid=1536084058&sr=8-2&keywords=vicarious+trauma)
- The Complex PTSD Workbook
  - [https://www.amazon.com/Complex-PTSD-Workbook-Mind-Body-Resilience/dp/1626259690/ref=pr\\_1\\_3?ie=UTF8&qid=1536084146&sr=8-9-spons&keywords=vicarious+trauma&psc=1](https://www.amazon.com/Complex-PTSD-Workbook-Mind-Body-Resilience/dp/1626259690/ref=pr_1_3?ie=UTF8&qid=1536084146&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=pr\\_1\\_4?ie=UTF8&qid=1536084451&sr=8-3&keywords=secondary+trauma](https://www.amazon.com/Resilient-Practitioner-Compassion-Prevention-Professions/dp/1139320070/ref=pr_1_4?ie=UTF8&qid=1536084451&sr=8-3&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=pr\\_1\\_19?ie=UTF8&qid=1536084549&sr=8-19&keywords=secondary+trauma](https://www.amazon.com/Kindness-Cure-Science-Compassion-Heart/dp/1626259690/ref=pr_1_19?ie=UTF8&qid=1536084549&sr=8-19&keywords=secondary+trauma)

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RESOURCES, CONT.

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- 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
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  - <https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard>
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