

COMMON SIGNS OF SECONDARY TRAUMA

FEELINGS

- Feeling emotionally numb
- Feeling overwhelmed or exhausted
- *Easily annoyed and irritable*
- *Feeling discouraged about the future or hopeless*
- Loss of interest in being around others
- Feeling isolated, alone
- Feeling irritated at people who do not do this work
- Feeling trapped in your job
- Apathy
- Negative outlook on life

THOUGHTS

- Client stories and experiences pop into head without prompting
- Dreaming about work
- *Preoccupation with thoughts of clients outside of work*
- Question own competence
- Heightened sense of vulnerability
- *Worry about not doing enough for clients*

BEHAVIOR

- Avoid activities related to work
- Distance self from others
- Lack of boundaries between self and work
- Over-eating or under-eating
- Increased alcohol consumption
- Startle effect/being jumpy

PHYSICAL

- *Trouble falling asleep/staying asleep*
- Difficulty concentrating
- Experiencing physical responses when thinking about work (sweating, heart pounding)

INTERPERSONAL

- Increased conflict in relationships
- Poor communication
- Increased impatience

WHAT CAN YOU DO ABOUT THIS?

- Make time for relaxing and self-soothing activities
 - These activities don't have to cost money
 - Take a walk
 - Take a long shower
 - Drink a glass of water
 - Have a good cry
- Make time for your physical and mental well-being
 - Exercising
 - Catching up with friends or coworkers
 - Don't check your email before bed
- Remind yourself that these feelings are normal
 - Doesn't mean there is "something wrong with you"
- Talk with your coworkers, share experiences
- Remind yourself that you cannot "fix" the client or their situation