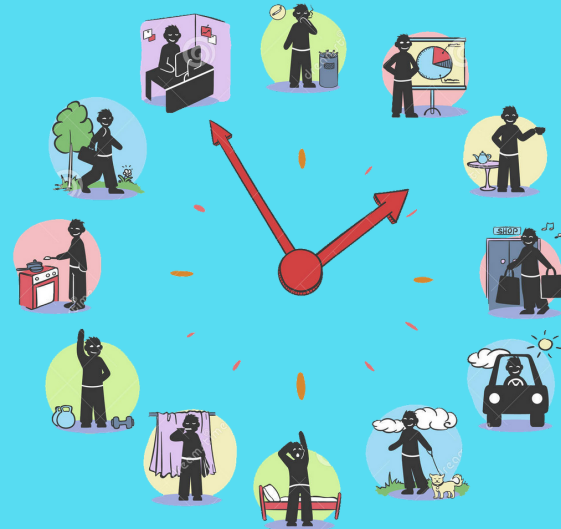


Preventing Secondary traumatic Stress



1. DAILY ROUTINE

- Adequate & regular sleep each night
- Awareness of your own stress level
- Acknowledge your reactions to stressful circumstances and allow yourself time to cope with these emotions
- Eat sensibly and regularly every day
- Exercise regularly
- Take some time to unwind and do what you love!

2. DURING WORK

- Balance your caseload
- Take breaks and vacation days
- Use relaxation techniques (e.g. deep breathing) as needed
- Talk to your colleagues or supervisor about how your work affects you
- Seek out or establish a professional peer support group
- Recognise your personal limitations; set reasonable limits with clients and colleagues
- Reflective supervision



3. OUTSIDE OF WORK



- Spend time with family and friends (and leave work aside!)
- Stay connected with others through community events etc
- Be mindful of your own thoughts (especially cynicism) and feelings
- Seek out the positives in difficult situations
- Engage in activities such as exercise or hobbies to renew your energy
- Seek counselling if your work is negatively impacting your self - esteem, quality of life or relationships