

Secondary trauma and Self-care

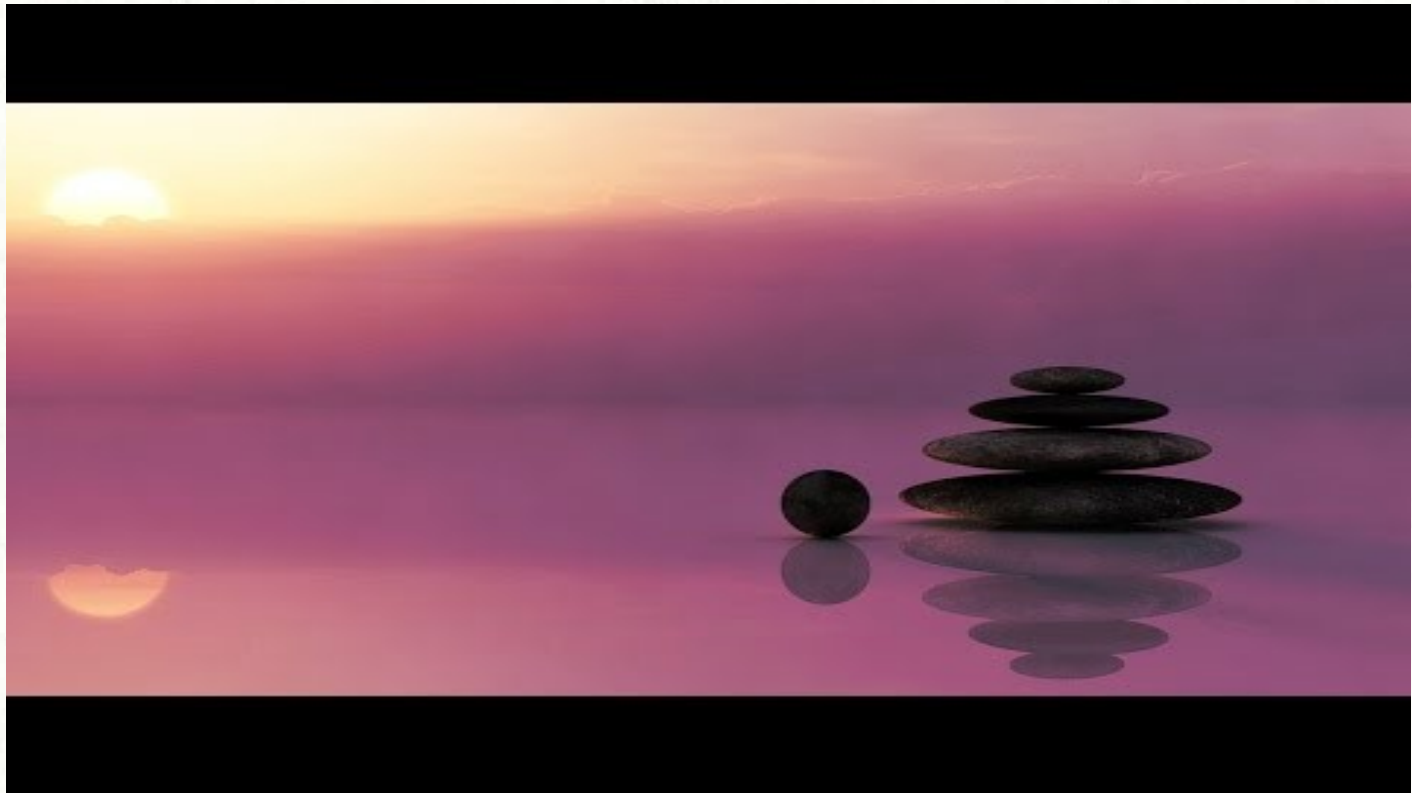
Jefferson County Public Schools
Social Emotional Learning Department

Norms and Expectations

- ▶ Put cell phones on silent/vibrate and put them away.
- ▶ Be respectful in listening to others ideas.
- ▶ This training is not “Sit and Get;” this is a hands-on, working in a group training.
- ▶ Avoid side conversations, if you have a question please ask the presenters.



Relaxation and calming



Training objectives

Participants will:

- ▶ Gain a basic understanding of the impact of working with trauma exposed students
- ▶ Complete a self-care assessment
- ▶ Create a self-care plan





Self-care alert

- Step out and take a break.
- Talk to someone you trust.
- Do something relaxing.

Some people's
weakness is that
they care too
much; it is also
their strength.

Brigitte Nicole

Lessons Learned In Life



Let's Talk





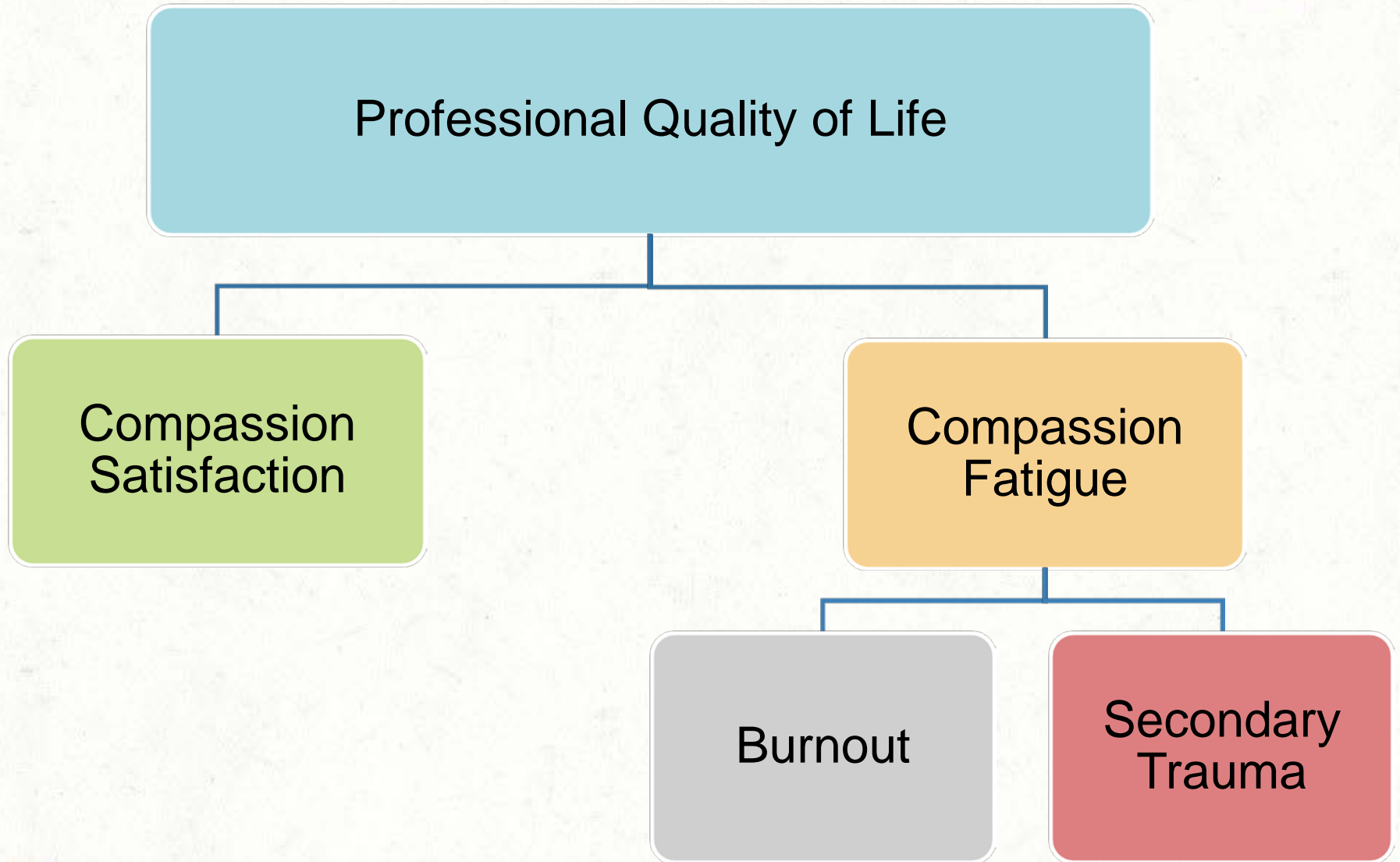
Professional Quality of Life

Compassion
Satisfaction

Compassion
Fatigue

Burnout

Secondary
Trauma





Let's watch!

LET'S TALK ABOUT IT!

- The speaker says, “When stress and trauma start to effect you, your brain and your body do not poll for your opinion.”
 - **What does this mean to you?**
- The question is asked, “Did you know that when you started this profession you might be unappreciated?”
 - **What are your thoughts on this?**
- What else in this video stood out to you?



Self-care and lifestyle balance inventory

Self care and lifestyle balance inventory

Source: Headington Institute

Please note that this scale is not a clinical diagnostic instrument and is provided for educational purposes. It merely examines some of the more effective physical, psychological and spiritual methods of staying balanced and preventing burnout. If you have any concerns about your state of emotional health, you should consult with a mental health professional.

Instructions: In the last month, how often has the following been true for you? For each question, write the number that best fits your experience on the line before the question.

1. I have at least one full day off work each week.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always
2. I take some time for myself to be quiet, think, meditate, write and/or pray.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily
3. I work for less than ten hours a day.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily
4. I do aerobic exercise (walking, running, swimming etc) for at least 25 minutes at a time.
(0) Never / (1) Seldom / (2) Once a week / (3) Twice a week / (4) 3 or more times/week
5. I do something I find fun (e.g., play a game, go to a movie, read a book etc).
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily
6. I practice muscle relaxation, pilates, yoga, stretching, meditation or slow-breathing techniques.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily
7. I share how I am feeling with at least one friend or my partner.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily
8. I sleep well and get at least seven hours of sleep a night.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily
9. I am careful about what I eat and eat a balanced diet.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily
10. I drink at least 1.5 liters of water (approx. 3 pints) a day.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always
11. I laugh without malice or cynicism.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) At least once a day
12. When I leave work at the end of the day I can disengage and leave the pressures of work behind.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always
13. I listen to my body's signals and recognize when I am becoming tired, run-down and vulnerable to illness.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always
14. There are people who care about me that I trust, to whom I can talk if I want.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always
15. I do something I find creative or expressive (e.g., writing, cooking, gardening etc).
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily
16. I feel I have the training and skills I need to do my job well.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always
17. I set and maintain healthy boundaries for myself by standing up for myself, saying "no" when I need to, and not letting others take advantage of me.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always
18. At work I take a brief break at least every two hours, and switch tasks regularly so that I don't become too drained.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always
19. I spend time with groups of people I trust and to whom I feel close who are part of a community of meaning and purpose (e.g., a church group, a group of volunteers, work colleagues).
(0) Never / (1) Seldom / (2) Sometimes / (3) About once a week / (4) More than once a week
20. My ability to communicate with other is...
(0) Very poor / (1) Poor / (2) Fair / (3) Good / (4) Excellent
21. I feel good about how I spend my time and energy in relation to what is really important to me in life
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always
22. I believe in myself and generally give myself positive messages about my ability to accomplish my goals – even when I encounter difficulties
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always
23. I set realistic goals for my life (both short term and long term) and work towards them consistently.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always
24. I take good vacations (at least one two-week vacation every year).
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Every year
25. I drink alcohol, smoke, or use other recreational drugs
(0) Three or more times every day / (1) At least once every day / (2) Three to six times a week / (3) Less than three times a week / (4) Never

TOTAL SCORE: _____



Self-care and lifestyle balance inventory





Self-care gallery walk



Throughout
the school
day



After a bad
day



Working with a
tough kid



Struggling at
home



Testing week



During the
holidays



CREATE your own PLAN

My Self-Care Plan

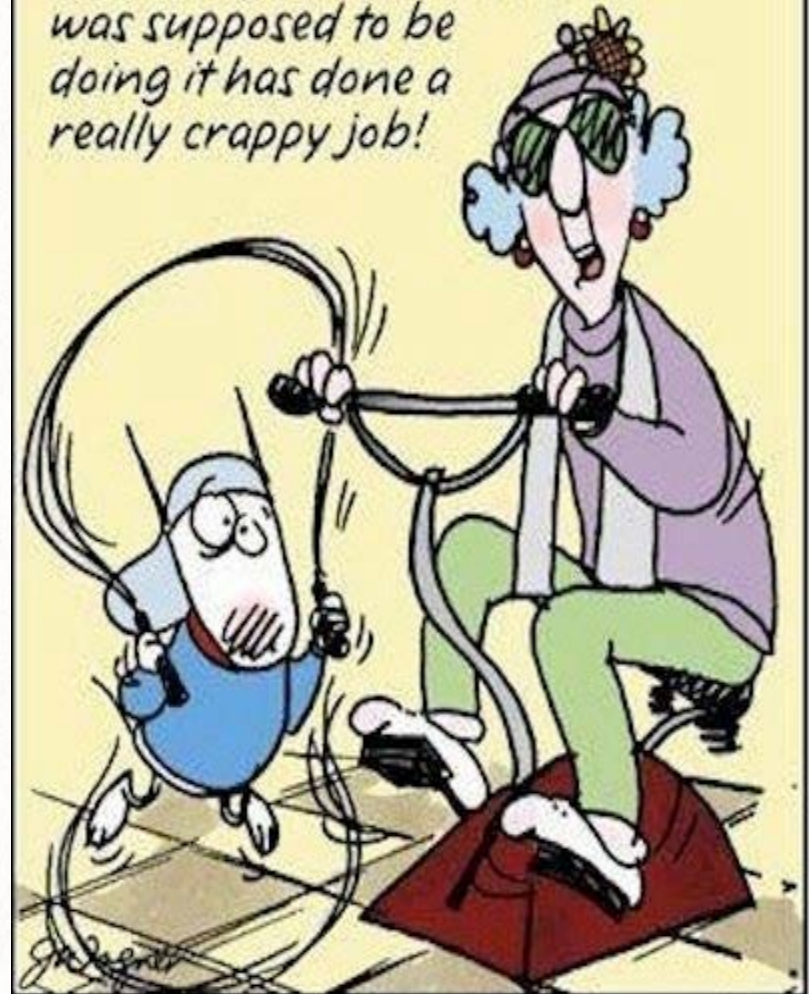
3 things I'm grateful for...	The best compliment I've received or something someone has said that always makes me smile is...	The best part of my day is when...
Signs I'm starting to get burnt out...	Ways I can relieve stress include...	People I can depend on for support are...
Music I can listen to and relax...	Place I can go to feel happy and calm...	Positive affirmations to remind myself of my value include...

TIPS and SUGGESTIONS

"My therapist told me the way to achieve true inner peace is to finish what I start. So far today, I have finished two bags of M&M's and a chocolate cake. I feel better already."

~ Dave Barry

I've got to start taking care of myself... whoever was supposed to be doing it has done a really crappy job!





THE
RELATIONSHIP
WITH YOURSELF
SETS THE TONE
FOR EVERY
OTHER
RELATIONSHIP
YOU HAVE

「JANE TRAVIS」COM

Thank s!



any
questions
?

Lamesa.marks@jefferson.kyschools.us
Jennifer.driscoll@jefferson.kyschools.us
(502)485-3318