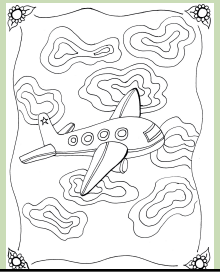
Choose To Be Healthy COALITION

PUT YOUR OWN OXYGEN MASK ON FIRST

Who's Taking Care of You?

Self-Care Strategies for Educators, School-based Professionals, Caregivers and Anyone who Doesn't have time to think about this topic!

Sue Badeau, Parent, Author, Speaker, Trauma Expert – sue@suebadeau.com



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KNOW YOURSELF

- Fixer
- Fighter
- Soother
- Seeker
- Adapter
- "Ride it out"
- All or several of these

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Positive Stress

Tolerable Stress

Toxic Stress → **Trauma**

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LOSS

LOSS

"Being deprived of someone or something of value to you"

- Because it leaves you
- Because it is taken from you
- Often unanticipated

Seeming Unrecoverable

Poll 1

6

GRIEF

- Shock and Denial
- Anger, Guilt and Shame
- Rationalizing or Bargaining
- Sadness, Depression or Despair
- Acceptance/Integration
- Meaning

*As defined by Kubler-Ross and Kessler

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TYPES OF GRIEF

Many types of grief, but for this webinar I'll specifically mention 4 ***(Poll 2):***

- "Normal" grief
- Ambiguous or disenfranchised grief
- Anticipatory grief
- Collective grief

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Toxic Stress = Trauma

- **Shell Shock**
- **Battle Fatigue**
- **Racial Battle Fatigue**
- **PTSD**
- **PTSS**

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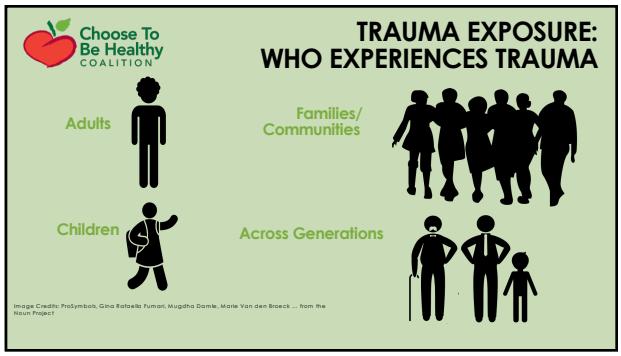
Choose To Be Healthy COALITION
TRAUMA EXPOSURE: WHO EXPERIENCES TRAUMA
Adults
Families/ Communities
Children
Across Generations
Image Credits: ProSymbols, Gina Rafaella Fumari, Mugdha Damle, Marie Van den Broeck ... from the Noun Project

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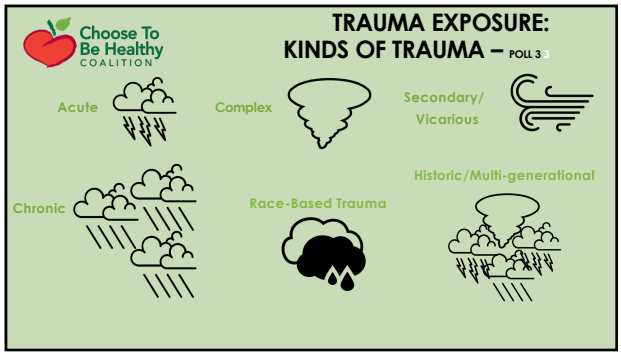
Choose To Be Healthy COALITION
TRAUMA EXPOSURE: KINDS OF TRAUMA – POLL 3
Acute
Complex
Secondary/ Vicarious
Chronic
Race-Based Trauma
Historic/Multi-generational

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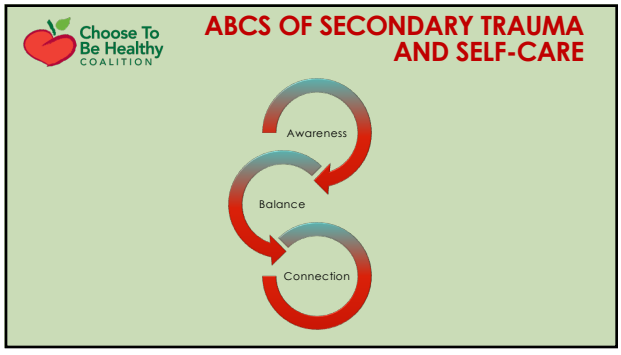
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ABCS OF SECONDARY TRAUMA AND SELF-CARE
Awareness
Balance
Connection

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SECONDARY TRAUMA

Frequent or continuous exposure to other people's trauma

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"It's not the 1 you can't forget, it's the 100 you can't even remember."

– Brandi Lea

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Multiple Replated Terms

Challenges

- Burnout
- Vicarious trauma
- Compassion fatigue
- Secondary traumatic stress (STS)

Strengths

- Empathy
- Compassion satisfaction
- Resilience and vicarious resilience
- Post-traumatic growth

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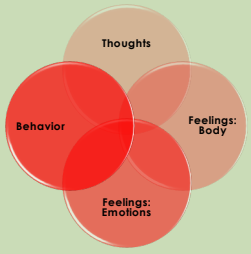
Stress, Anxiety, Grief, Loss & Trauma Influences



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SURVIVAL RESPONSES OF BRAIN, BODY, EMOTIONS

- Fight
- Flight
- Freeze
- Flock
- Flap/Frenzy
- Fawn
- Fatigue

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BEHAVIORS LINKED TO TRAUMA TRIGGERS (TRAUMA RESPONSES)

Trauma Response	Behaviors
• Fight	• Arguing, Refusal to do a task, Yelling, Punching something, Advocacy, Protest
• **Flight**	• **Leaving the Room, Skipping a Meeting, Lying**
• Freeze	• Crying, Isolating, Shutting down, Checking out
• **Flock**	• **Gathering at scene of trauma, Urgent need to "get home," Ask for help**
• Flap/Frenzy	• Unfocused energy, Incessant talking, Repetitive tasks, OCD-like actions
• **Fawn**	• **Pleasing, Can't say no, Co-dependent**
• Fatigue	• Emotional and Social withdrawal, Apathy, Don't care

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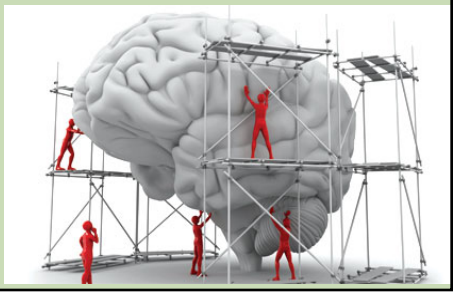

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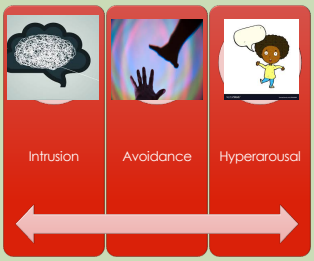
SYMPTOMS COME IN 3 CLUSTERS*



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Source: STS module on The Center for Advanced Studies in Child Welfare (CASCW)'s website: http://cascw.umn.edu/portfolio-items/secondary-traumatic-stress-module/

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- Cognitive
- Emotional
- Behavioral
- Spiritual
- Interpersonal
- Physical

PERSONAL IMPACT OF STS ACROSS ALL LIFE DOMAINS

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STS IMPACTS HELPING PROFESSIONALS AND CAREGIVERS IN MANY WAYS IN OUR JOBS

- **Professional functioning**
  - Performance of tasks
  - Morale
  - Interpersonal relationships
  - Work-related Behaviors
- **Critical thinking and application of knowledge**
  - Reduced perspective
  - Difficulty recognizing true safety issues or emergencies
  - Difficulty prioritizing

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- The Professional Quality of Life Scale (ProQOL) - www.proqol.org
- Compassion Fatigue Self Test – http://nwdrugtaskforce.ie/wp-content/uploads/2013/01/Compassion-Fatigue-Handout-6.pdf
- Secondary Traumatic Stress Scale (STSS) https://www.nagadac.org/assets/2416/sharon_foley_ac15_militaryculture_ho2.pdf

THREE TOOLS FOR SELF-ASSESSMENT

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MOVING TOWARD RESILIENCE AND POST TRAUMATIC GROWTH 9

Positive change experienced as a result of the struggle with a major life crisis or a traumatic event, characterized by positive/transformative responses in 5 areas:

- Appreciation of life
- Relationships with others
- New possibilities in life
- Personal strength
- Spiritual change

Richard Tedeschi, PhD, and Lawrence Calhoun, PhD, Journal of Traumatic Stress, 1996

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Resilience – poll 4

The ability to thrive, mature, and increase competence in the face of adverse circumstances by drawing upon all of one's resources:

- Biological/physical
- Psychological
- Spiritual
- Relational/social
- Environmental

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What is Resilience?

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ABCS OF SECONDARY TRAUMA AND SELF-CARE

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SEEK BALANCE BETWEEN THOSE ROUGH FEELINGS AND THE BRIGHTER ONES.

GIVE YOURSELF AND OTHERS BOTH GRACE AND SPACE.

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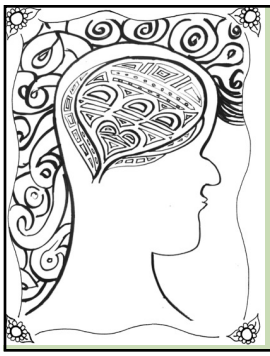

IN RESPONSE TO TRIGGERING OR TRAUMATIC EVENTS:

"WHAT ARE MY THOUGHTS & BELIEFS ABOUT WHAT HAPPENED?"

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WHAT ARE MY FEELINGS ABOUT WHAT HAPPENED?

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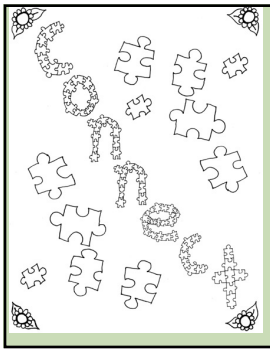

WHAT HAVE MY BEHAVIORS LOOKED LIKE?

WHO CAN I CONNECT WITH FOR HELP OR SUPPORT?

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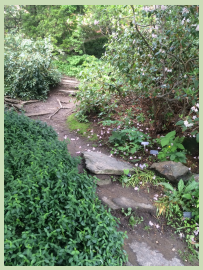
USING THE DAILY QUESTIONS TO GUIDE SELF-REFLECTION AND CARE FOR OTHERS

POLLS 5 & 6



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MORNING QUESTIONS FOR REFLECTION

ONE goal for the day?

ONE person I can turn to for support today?

ONE person I will reach out to and connect with today? – Poll 7

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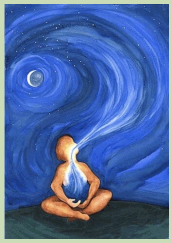
Questions for Reflection at Lunchtime Poll 8

ONE WAY I WILL NOURISH & MOVE MY BODY?

ONE WAY I WILL NOURISH MY SPIRIT?

ONE WAY I WILL NOURISH MY MIND?



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A Reflective Question for "Tea Time"

WHAT IS **ONE** THING OF BEAUTY THAT I HAVE SEEN, HEARD OR CREATED TODAY?

THEN **SHARE** IT!

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DEVELOP YOUR SELF-CARE TOOLKIT

- Cheap & Accessible
- Multiple options
- All 5 senses
- Keep it with you
- Share with someone

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GET GROUNDED: THE EARTH IS STRONG ENOUGH TO HOLD ME UP

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3 Reflective Questions for Dinner Time

ONE thing I learned today?

ONE success I had today?

ONE thing that made me smile or laugh? – Poll 9

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END WELL AND START ANEW EACH DAY

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3 Reflective Questions for Bedtime

ONE worry I can let go of?

ONE thing I am grateful for?

ONE thing I am looking forward to tomorrow?

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ABCS OF SECONDARY TRAUMA AND SELF-CARE

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STAY CONNECTED TO YOUR VILLAGE EVERY DAY

- Conversation
- Collaboration
- Community
- Compassion

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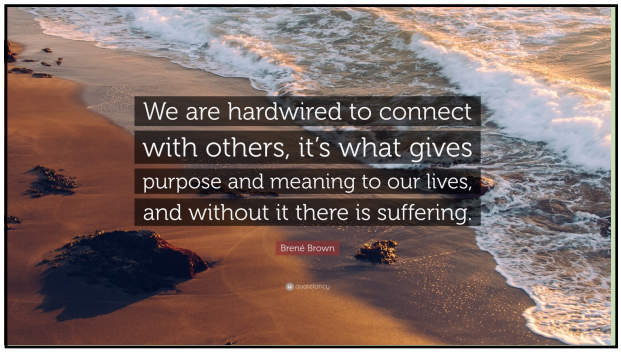

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WRAP UP: 3 SELF-CARE STRATEGIES POLL 10

- **Hold space** for and acknowledge the hard feelings
- **Simplify** - but don't neglect - your self-care plan
  - Remember the power of **ONE**
  - Focus on the **basics**: nourish, hydrate, sleep
- **Connect** every day

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Thank you!

- Sue Badeau
- www.suebadeau.com
- sue@suebadeau.com

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