Self-care: When our Work is Triggering

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Agenda

- Common Responses
  - Discussion: Your Experience So Far
- Vicarious Trauma
- Self-care
  - Discussion: Self-care
- Counseling Services
  - Questions
Common Responses

- Reminded of your own painful experiences
- Overwhelmed with memories
- Overwhelmed with responsibility
- Feelings of helplessness
- New awareness and empathy
- Excitement about the meaning of your work
Discuss
Vicarious Trauma (Pearlman and Lisa McKay, 2008)

- Vicarious trauma (VT) is the process of change that happens because you care about other people who have been hurt, and feel committed or responsible to help them.

- Over time this process can lead to changes in your psychological, physical, and spiritual well-being.
Signs of VT (Pearlman and Lisa McKay, 2008)

- Problems managing the boundaries between yourself and others
  - taking on too much responsibility
  - having difficulty leaving work at the end of the day
  - trying to step in and control other’s lives
- Problems in relationships
- Physical problems
- Difficulty feeling connected to what’s going on around and within you
- Loss of meaning and hope
Self-Care Strategies

- Take breaks from triggering material
- Engage in mindfulness practice (before, during, after)
  - Try calm.com
  - Come to Mindfulness 101 Feb. 3rd at Noon
- Create internal boundaries – mirror vs. sponge
- Practice Gratitude
- Explore ways your experience can be a strength
- Stay connected with what makes your life meaningful
Remember the simple things...

- Rest
- Sleep
- Exercise
- Eating healthy
- Creative activities
- Reading for pleasure
- Watching favorite shows
- Prayer and/or reflective time
- Reach out for support – family, friend, colleagues
Discuss
Counseling Services

- Brief, individual therapy
- Urgent Same-day appointments
- Couples Therapy
- Medication Evaluation
- Referral Resources
- Consultation
Contact Us

- **Parnassus Clinic**
  - Millbury Union West
  - Level P8, Room 005
  - Call (415) 476-1281

- **Mission Bay Clinic**
  - William J. Rutter Center
  - 3rd Floor, Rm 330
  - Call (415) 476-1281

After Hours Mental Health Crisis Line
(415) 476-1281, option #7
Questions