



Working definition of trauma:

Anything you have experienced (or are experiencing) that you don't have the resources or support to process in a healthy or meaningful way.

* resources and support include protection and safety in the form of self-care*

How could this definition fit you as a provider or teacher? Has there been a time when you feel like your resources are depleted? What does trauma look like for YOU in your workplace?

"Toxic stress is caused by extreme prolonged adversity in the absence of a supportive network."(Souers, 2016, p.22)



As providers and teachers, we are helping individuals through their trauma on a daily basis. It is important for us to look at our own reactions to such trauma and determine if we are reacting or responding.

How aware are you of your own flight, fight, or freeze moments?

- Take a moment to notice: Noticing is the first step!
- What is happening physically?
- What are my thoughts?
- Do these thoughts serve me well?

When we stop to notice, we contribute to our own self-care through creating a thoughtful response. Noticing does not mean you have to act. There is power in just noticing.

Your own Self Care is crucial!

Feeling stressed in the moment??

- Take 2 minutes to focus on your breath
- Name 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste

Make sure to time for yourself every day to do something you enjoy!

What is your favorite self-care activity?

