

### 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?

