

Secondary Trauma – Mindful Strategies and Self-Care

Secondary trauma is the emotional duress that results when an individual hears about the firsthand trauma experiences of another, and can mirror PTSD.

An effective approach to mitigate secondary trauma is to gain knowledge on self-awareness, controlling emotions, and a general understanding of one's moods and emotions.

Allow quiet time.

Meditate, relax, read, listen to music, get a massage.



Exercise and eat healthy.

It can help your nervous system to restore.



Take mental and physical breaks from work.

Such as hiking, fishing, bird watching, mountain biking, gardening.



Participate in religious activities.

And practice compassion for yourself and others.



Focus your attention.

Notice and choose where you focus your attention.



Relax areas of tension

Track your body, notice and relax areas of tension.



Explore the value of your work.

Explore why you do the work you do and what value you get from it.



Breathe!

Practice diaphragmatic breathing.



End the work-day and enter your home space.

Create a ritual or visualization after work to help mentally end the work-day and enter your home space.



Disclaimer

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