

SECONDARY TRAUMA, BURNOUT AND STAFF RESILIENCY

An introduction to identifying and mitigating secondary trauma and burnout in professionals who work in fields of crisis and trauma

BROUGHT TO YOU BY
DARTMOUTH TRAUMA INTERVENTIONS RESEARCH CENTER

We have put together our favorite TED Talks, videos, and resources to provide a way to equip those impacted by secondary trauma with knowledge and tools that promote self-care. These resources are intended to lay a groundwork for us all to build from- within our own agencies and across our communities.*

*These videos are not specific to COVID-19 response. They focus on general concepts of childhood trauma, brain development, and perspectives on addiction.

Building a Shared Vision and Language

These resources are some of our favorite videos, websites and strategies to introduce and mitigate secondary trauma and staff resiliency. Our hope is that these resources will help us have a shared vision and language about early childhood trauma, relationships, burnout, and resiliency.

More Resources

If you are in search of more resources, have any questions, or want to know more about the Dartmouth Trauma Interventions Research Center, please reach out to our team at: **DartmouthTrauma@gmail.com**

Find us on Facebook
@UVProjectLaunch

To learn more about DTIRC and our projects:

[Visit Our Website](#)

TED Talk with Laura van Dernoot Lipsky: Beyond the Cliff

In this 20 minute video, Laura van Dernoot Lipsky shows the great impact that working in fields of trauma, suffering and crisis can have on people. She discusses her own experiences of secondary trauma after decades of working directly with trauma survivors and dives into how we can work toward healing.

[Watch Laura van Dernoot Lipsky](#)



Mindfulness & Self-Care Exercises

The makers of the Happify App created this 3-minute YouTube video to explain what mindfulness is and why it is important to our health.

[Watch 'Why Mindfulness is a Superpower'](#)

The School of Social Work at University of Buffalo has curated a fantastic list of self-care exercises and activities, including several mindfulness breathing techniques.

[Explore here.](#)



Professional Quality of Life Pocket Card

Dr. Beth Hundall Stamm created a pocket card to use as a reminder of techniques and strategies around caring for yourself- whether during a time of crisis or in your day to day life. It is important, always and especially in times of crisis, for us to care for ourselves in order to be able to be best equipped to care for others. Dr. Stamm's pocket card is a nice way to have quick reminders of ways to do this.

[Download the pocket card here](#)

CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion.

10 things to do each day

1. Get enough sleep.
2. Get enough to eat.
3. Vary the work that you do.
4. Do some light exercise.
5. Do something pleasurable.
6. Focus on what you did well.
7. Learn from your mistakes.
8. Share a private joke.
9. Pray, meditate or relax.
10. Support a colleague.

For More Information see your supervisor or visit www.istss.org, www.proqol.org and www.compassionfatigue.org

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