

Establishing Positive Self-Care Techniques

Things to Remember When Trying to Understand Vicarious Traumatization

- No one who bears witness to abuse is untouched by it.
- It is normal to be effected by what you witness.
- Profound sadness, grief, and anger are normal reactions.
- Acknowledging one's own feelings provides perspective and lessens the burden.
- No sector of society is untouched by abuse.
- To provide quality care one must bear witness.

Ways to Ease the Stress

- Peer and clinical supervision
 - Don't hold yourself responsible
 - Seek support, perspective and assistance
- Take steps to promote your own physical and emotional well being
 - Healthy eating
 - Rest/sleep
 - Exercise
 - Relaxation/fun
 - Meditation/pray
 - Socializing with family/friends
 - Time off
- Know your own stress-relievers
- Examples