

# KEY RESILIENCY FACTORS

-to mitigate the risk of secondary traumatic stress -



## Psychological Safety

Who do I feel safe talking to at my agency? Do people feel safe talking to me?

How can psychological safety be built within the agency?

## Meaning



What meaning do I find in my work? How can I/do I maintain that meaning?

How can the agency maintain workers' sense of meaning?



## Relatedness

How can I build safe relational connections in my agency?

How can the agency promote building safe relational connections?

## Competency



What are my strengths in my role? What can I do to further develop my competency and build new strengths?

How can the agency promote and facilitate professional development?



## Hopefulness

What gives me hope in my work? How do I stay positive?

How can the agency inspire a culture of hopefulness?