

**Secondary Traumatic Stress:** “The natural and consequent behaviors and emotions resulting from knowing about a painful event from a significant other, the stress from helping or wanting to help a stressed person especially a child.” (Figley, 1995; Henry, 2012). We all have it.

**Symptoms include Negative bias, pessimism**

- All-or-nothing thinking, Loss of perspective and critical thinking skills, Threat focus – see clients, peers, supervisor as enemy, Decreased self-monitoring
- Reduction in collaboration, Withdrawal and loss of social support, Factionalism
- Helplessness, Hopelessness, Feeling overwhelmed
- Headaches, Tense muscles, Stomachaches, Fatigue/sleep difficulties

**STS Strategies**

- Recognize that what you are experiencing is normal for what the work that you do
- Be empathetic
- For every one negative think of two positives
- When you hear someone being negative walk away
- Remind yourself that you do not like yourself when you are stuck in negativity
- Ask someone you trust to tell you when you are being negative
- Give yourself 5-10 minutes a day for just you. This is your intentional alone time.
- Do something kind for someone in the office
- Compliment others
- Be glad that you can still feel
- Talk to someone in the office you have safety with about your feelings
- Reflect on how sad is often underneath being angry
- Be aware of how the differing emotions feel in your body
- Cry with someone you feel same with
- Finding 5-10 minutes to do physical activity
- Mindful activities, Yoga
- Find other ways to release stress from your body