

Due to COVID-19, Project AWARE Staff is working remotely, but can still be reached via email at khenry@sagchip.org

SNAPSHOT OUTLINE:

1. Signs and Symptoms of Secondary Trauma
2. How to Cope with Secondary Trauma
3. Upcoming Trauma Informed Resilient Schools Training

WHAT IS SECONDARY TRAUMA?

Secondary trauma is the stress a person may feel after hearing about firsthand traumatic experiences from another person (The National Child Traumatic Stress Network, 2011). It is also often referred to as compassion fatigue among those who work with people experiencing trauma (Administration for Children & Families, n.d.). Secondary trauma is not uncommon.

Here are some of the symptoms to look out for if you think you are experiencing it (this is not a list of all symptoms):

1. Change in your routine or decrease in activities you do
2. Lack of sleep or difficulty falling asleep
3. Feeling exhausted or tired
4. Increase in physical conditions or illness
5. Feeling emotionally numb
6. Feelings of guilt or helplessness (Administration for Children & Families, n.d.).

If you are experiencing any of these after hearing or seeing something traumatic there are things you can do to cope with secondary trauma:

1. Dedicate time to self-care strategies like eating healthy or exercising
2. Practice relaxing activities like meditation or mindfulness
3. Start a journal where you can write about what you are feeling
4. Talk to a supportive family member or friend about how you are feeling
5. Seek help from a professional counselor (Administration for Children & Families, n.d).

Self-care is not selfish. It is necessary to help us nurture balance in our lives. You can think of this as filling up the tank on your car. If you are feeling run down then you may need some self-care to help you refuel and feel like yourself again.

Administration for Children & Families (n.d.). *What is secondary traumatic stress?* Retrieved from <https://www.acf.hhs.gov/trauma-toolkit/secondary-traumatic-stress>
The National Child Traumatic Stress Network (2011). *Secondary traumatic stress.* Retrieved from https://www.nctsn.org/sites/default/files/resources/fact_sheet/secondary_traumatic_stress_child_serving_professionals.pdf



Upcoming TIRs Training

STARR Resetting for Resilience is part 2 of the Trauma Informed Resilient Schools training and covers the last 4 steps to creating a trauma informed school.

Learning Objectives:

- Provide at least three examples of behavior supports for students who do not have all of their universal needs met.
- Contrast trauma-informed, resilience-focused discipline and traditional school discipline practices.
- Describe the importance of self-care for educators and other school professionals.
- Identify at least three ways your school can collaborate with community.



This originally in person training has transitioned to a self-paced online format. If you are interested in signing up for this training please contact Kehli Henry at khenry@sagchip.org.