

CARING FOR OTHERS

Listen to and talk with others

Take time daily to connect with others, even if only briefly

Practice encouraging others. Tell colleagues when they have done a good job

Encourage others to set healthy boundaries around work and attend to self-care needs

Don't be afraid to laugh with others. Keep a sense of humor. Even in the midst of crisis, laughter can often help break the tension

When possible, build teamwork by offering to help others with their work

Confront (gently) a colleague engaging in behavior dangerous to themselves or others. Suggest they seek counseling

Be especially patient with colleagues after a critical incident. Recognize that moods can change quickly and that you and others may react differently

"I now know, through painful personal experience, how to respond to people in trouble. I let them know that I'm available. I offer practical support. And I remind them that bad things happen to good people, but that good people survive."

Kathleen Cravero (U.N.)

EVALUATE YOUR LEVEL OF STRESS*

To evaluate your personal stress level, answer these 10 questions using the following scale:

1 = Never 2 = Sometimes 3 = Often

1. I have difficulty sleeping.
2. I feel tense, irritable, and nervous.
3. The smallest noise makes me jump.
4. I am on the alert for dangers that threaten me.
5. I feel distant from my colleagues and avoid them.
6. My work no longer interests me and I feel that I have no future.
7. I am very tired, physically and intellectually.
8. I have attacks of giddiness, tight throat, sweating and palpitations, particularly when something reminds me of a traumatic event.
9. I feel over-excited. I act impulsively and take uncalculated risks.
10. I re-live a traumatic event in my thoughts, in my dreams, or in nightmares.

Total your score: _____

Under 15: Your state of stress is normal if one takes your working conditions into consideration.

From 16-25: You are suffering from stress and should take care of yourself.

From 25-30: You are under severe stress and should seek help from someone close to you.

A PERSONAL PLAN*

What are my identified stressors?

Present stress relief practices?

New stress relief practices I commit to?

* Taken from the brochure "Coping with Stress" by the American Red Cross.

UNDERSTANDING AND COPING WITH TRAUMATIC STRESS



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