



KNOW YOUR STRESSORS

Recognizing What Can Be Addressed & Navigated

Address
REMOVABLE

Navigate
MANAGEABLE



Labor Models

Inflexible shifts, chronic short-staffing, and lack of input in decisions.

Vicarious Trauma

Emotional shifts caused by repeated exposure to patient suffering.



Workplace Well-Being Gaps

Unprotected breaks, relational aggression, and gaps in mental health support.

Secondary Traumatic Stress

PTSD-like symptoms triggered by indirect exposure to trauma.



Unhealthy Culture

Poor communication, trust deficits, and inconsistent recognition.

Compassion Fatigue

Emotional Exhaustion from sustained caregiving responsibilities.



Technology Frustrations

Redundant tasks, inefficient systems, and weak integration

Moral & Ethical Misalignment

When personal or professional values conflict with workplace realities.



Explore Workplace Solutions

Identify stressors and find pathways for support