

At Work

At Home

Notice
when patient stories begin to affect your emotions.

Engage
in activities that shift focus away from work.

Share
experiences with coworkers who understand the challenges.

Lean
on personal connections for emotional support.

Set
limits to avoid emotional overload from distressing cases.

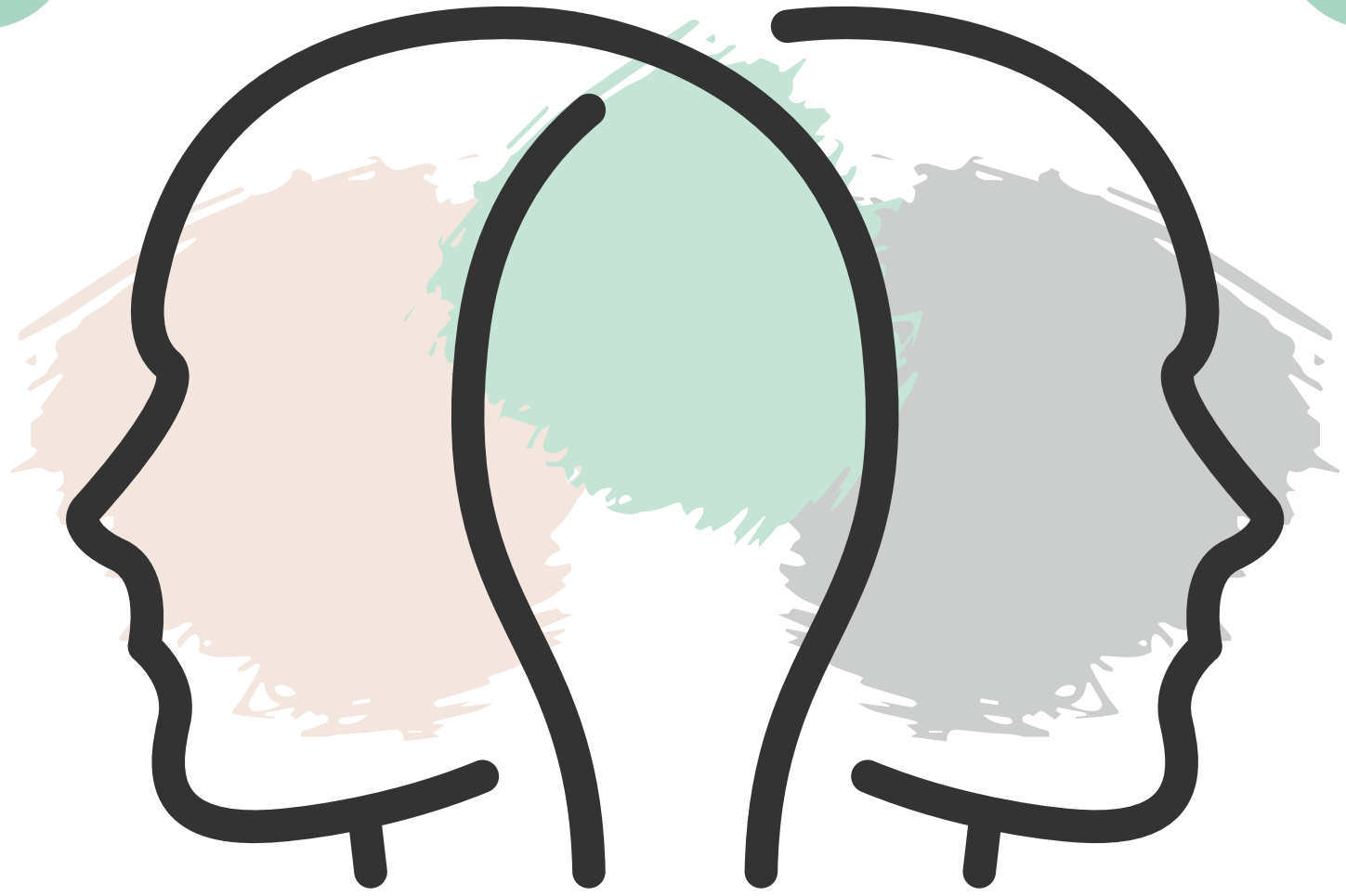
Create
routines that help separate work from personal life.

Use
workplace support like peer check-ins or debriefing sessions.

Find
meaning in small moments that affirm your purpose.

Encourage
stronger mental health initiatives in your organization.

Explore
how challenges have contributed to your growth.



Vicarious Trauma

Manage the impact of repeated exposure to trauma by recognizing emotional shifts, engaging in reflective practices, and seeking support through peer connections and structured debriefing.

