Trauma Stewardship: A Self Guide to Check for the Effects of Trauma-Based Jobs on Your Life

What you need:

1. Outlets: What things work to get out your emotions? This is different for everyone and you need to take this time for yourself.
2. Respect your me time: The time for you to relax is very important, make it a priority.
3. Micro-culture: A group of people who support you, challenge you, keep you on your toes—even if those people are at odds with your beliefs.
4. Don’t replay the trauma: Debrief at work and leave the trauma you deal with when you leave work.
5. Keep your compassion: It’s easy to lose compassion but remember that compassion comes from a desire to do no harm and not from blame and judgement. Work to transform all thoughts, feelings, and experiences into compassion, which is our connection to our humanity.
6. Constantly question yourself: Check in with yourself to see how you are doing, and question yourself to check for the effects of trauma.

Questioning the self:

1. Am I talking with my micro-culture: Is my micro-culture holding me accountable, supporting me, and keeping me in check?
2. Have I lost compassion: Am I starting to judge or blame the clients I am working with regarding their situation?
3. Is it coming with me: Am I starting to change the way I interact with family and friends? Am I finding myself thinking about work when I am not at work? Am I having trouble sleeping because of my workday?
4. What is my vision of the world: Am I starting to see negativity in the world where other people see beauty?