

# PUTTING YOUR MASK



NICHQ National Institute for Children's Health Quality

# TRAUMA



- WHAT it LOOKS LIKE:
- SHAME
  - DEPRESSION
  - INSOMNIA
  - INDIFFERENCE
- ...and this list goes on....



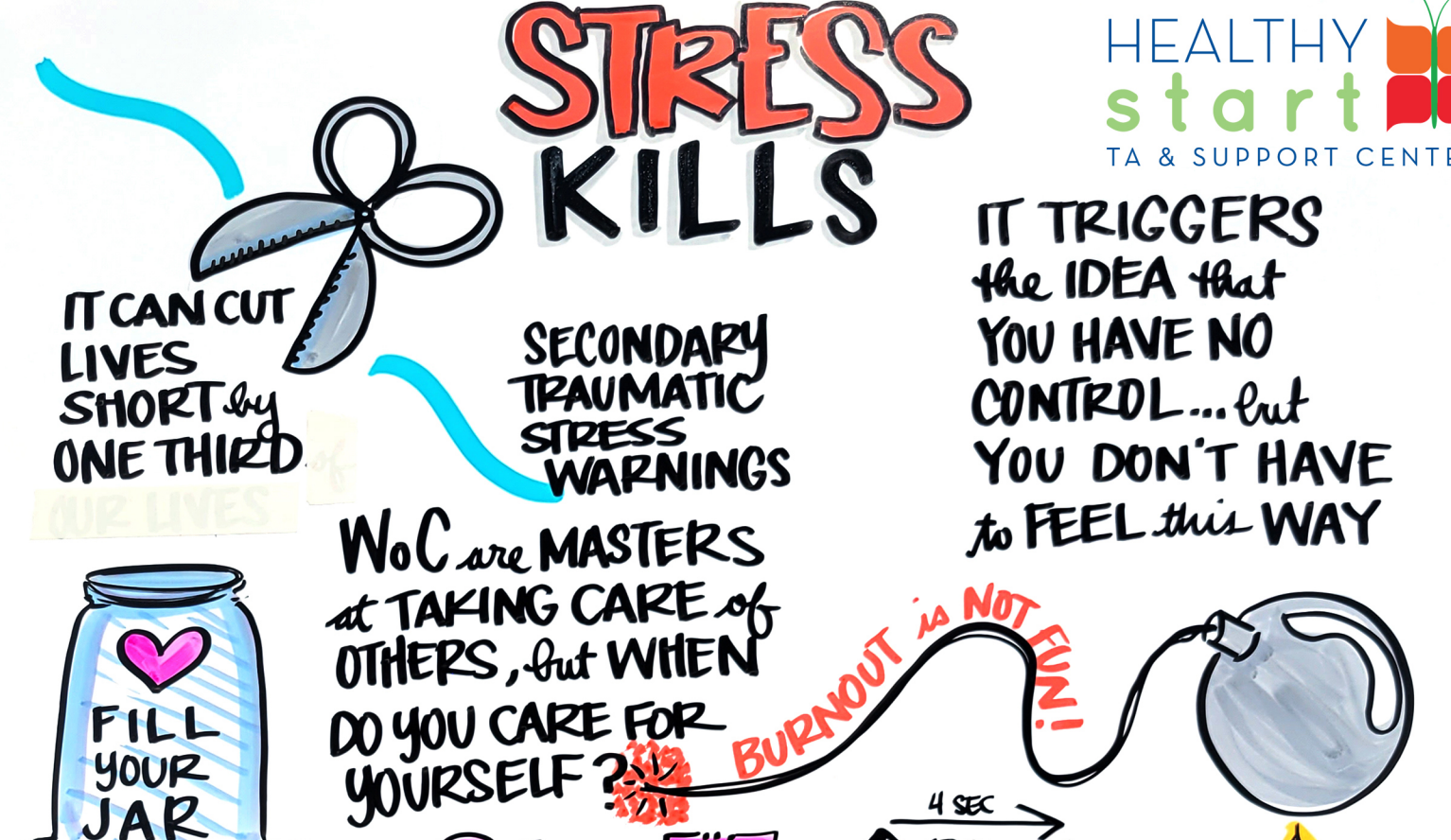
- WHAT it LOOKS LIKE for US:
- BURN OUT
  - STRESS
  - COMPASSION FATIGUE

# COMPASSION

RESILIENCE and SATISFACTION



# STRESS KILLS



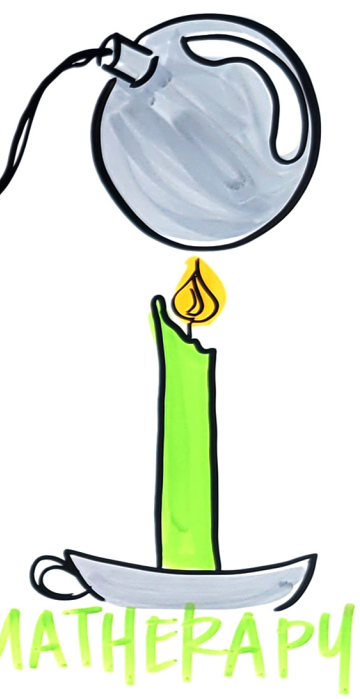
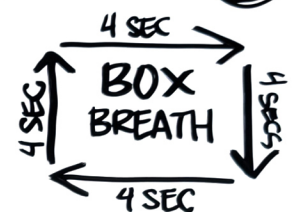
HEALTHY start TA & SUPPORT CENTER

IT TRIGGERS the IDEA that YOU HAVE NO CONTROL... but YOU DON'T HAVE to FEEL this WAY

No one are MASTERS at TAKING CARE of OTHERS, but WHEN DO YOU CARE FOR YOURSELF?

- 5 THINGS YOU SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU HEAR
- 2 THINGS YOU SMELL
- 1 AFFIRMATION

# SPOT GRATITUDE



# GROUNDING

see in Colors