# BUILDING RESILIENCY:

Self-care and Vicarious Trauma Prevention

Presented by Olga Phoenix, MPA, MA

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### **TODAY'S OUTLINE:**

- 1. Introductions and Historical Perspective
- 2. What are Compassion Fatigue/Vicarious Trauma/Burnout?
- 2. What are Symptoms and Risk Factors?
- 3. What is Resilience? Why is it Important?
- 4. Two-part Solution Process:
  - a. Personal VT Prevention/Resilience Building
  - b. Organizational VT Prevention/Resilience Building

## WHAT IS IN THE TERMS?

### VICARIOUS TRAUMA

Transformation of professional's inner experience as a result of interacting with work-related traumatic material.

Changes in one's belief system around safety, trust, intimacy, esteem, and control.

(Laurie Pearlman and Karen Saakvitne, 1996)

## WHAT IS IN THE TERMS?

### SECONDARY TRAUMA/ COMPASSION FATIGUE

Emotional and physical exhaustion, feeling of being ineffective at one's work.

Leads to distress, ineffective professional behavior, depression.

(Charles Figley, 1983, 1995)

### WHAT IS IN THE TERMS?

### BURNOUT

Physical & emotional exhaustion as a result of prolonged stress, frustration, and inability to change one's environment

Can happen in any occupation and does not cause profound negative transformation in one's worldview

# Brenda Sabo, PhD, RN (2011) "Reflecting on a Concept of Compassion Fatigue"

BURNOUT  Rec	COMPASSION FATIGUE tangular Snip	VICARIOUS TRAUMATIZATION
Anger & frustration     Fatigue     Negative reactions towards others     Cynicism     Negativity     Withdrawal	Nadness & grief     Nightmares     Avoidance     Addiction     Somatic complaints     Increased psychological arousal     Changes in beliefs, expectations, assumptions     'witness guilt'     Detachment     Decreased intimacy	Anxiety, sadness, confusion, apathy     Intrusive imagery     Somatic complaints     Loss of control, trust & independence     Decreased capacity for intimacy     Relational disturbances (crossover to personal life)
Physical     Psychological     Cognitive     Relational disturbances	SYMPTOMS (mirror PTSD)  Physical  Psychological distress  Cognitive shifts  Relational disturbances	SYMPTOMS (mirror PTSD)  Physical Psychological distress Cognitive shifts Relational disturbances  **permanent alteration in individual's cognitive schema
<ul> <li>KEY TRIGGERS</li> <li>Personal characteristics</li> <li>Work-related attributes</li> <li>Work/organizational characteristics</li> </ul>	KEY TRIGGERS     Personal characteristics     Previous exposure to trauma     Empathy & emotional energy     Prolonged exposure to trauma material of clients     Response to stressor     Work environment     Work-related attitudes	<ul> <li>KEY TRIGGERS</li> <li>Personal characteristics</li> <li>Previous exposure to trauma</li> <li>Type of therapy</li> <li>Organizational context</li> <li>Healthcare structure</li> <li>Resources</li> <li>Re-enactment</li> </ul>

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### RISK FACTORS FOR VICARIOUS TRAUMA

### PERSONAL HISTORY AND CHARACTERISTICS

- ► Personal history of trauma
- ► Higher levels of empathy and compassion
- Lack of coping/self-care skills and/or avoidant coping skills
- ► Having poor boundaries between work and personal life
- Lack of awareness about vicarious trauma/dangers of traumatic material exposure
- ► Being new in the field/starting out professional career

### **TYPE OF WORK RELATED TRAUMATIC MATERIAL EXPOSURE:**

- ► High degree/frequency of exposure
- ► Work with vulnerable/marginalized populations
- ► Work with child abuse, interpersonal violence, war, genocide, drug trade, hate crimes, equity and inclusion issues, natural disasters
- ► High exposure to user generated media content
- ► Unexpected or forced exposure (ex.: "sliming")

### RISK FACTORS FOR VICARIOUS TRAUMA

### **PERSONALLY EXPERIENCED WORK-RELATED STRESSORS**

- Occupational intimidation and bullying
- Sexual harassment
- ► Working with traumatic material one has personal connection to

#### **ORGANIZATIONAL FACTORS**

- ► High levels of perceived organizational stress
- ► Ineffective leadership styles
- Leadership does not actively promote vt awareness and resilience/self-care strategies
- Leadership actively discourages vt symptomology disclosure

## TRAUMA PROFESSIONALS STATS

40%-85% experience burnout symptoms

59% report high stress levels

36% report depression

35%-90% turnover per year

50%-85% experience high levels of emotional exhaustion

### CHILD WELFARE PROFESSIONALS

# Child Welfare Workers:

• 50% traumatic stress symptoms in severe range (Conrad& Kellar-Guenther, 2006).

# Child Welfare Workers:

• 34% met the PTSD diagnostic criteria, due to secondary traumatic stress Bride (2007).

### Child Protection Service Workers:

• 37% reported clinical levels of emotional distress associated with secondary traumatic stress. (Cornille and Meyers, 1999).

# Child Protection Workers:

• 50% suffered from 'high' to 'very high' levels of compassion fatigue (Conrad & Kellar-Guenther, 2006).

# Female Forensic Interviewers:

• 34% reported experiencing symptoms of secondary traumatic stress (Perron & Hiltz, 2006).

## SOCIAL WORKERS, MSW

70% exhibited at least one symptom of secondary traumatic stress (Bride, 2007)

42% said they suffered from secondary traumatic stress (Adams et al., 2006)

65 % had at least one symptom of secondary traumatic stress (Bride, 2007)

## SOLUTIONS

- The most effective widely acceptable way to prevent and transform vicarious trauma, compassion fatigue, secondary traumatic stress in professionals who witness traumatic content is through:
- ► 1. building awareness, knowledge, and acceptance of the reality and severity of vicarious trauma
- ≥ 2. creating solid individual vicarious trauma *prevention/resilience building plans* among team members/staff
- ► 3. through field and agency-specific *organizational* systems of care, support, and promotion of resilience

# PERSONAL RESILIENCE BUILDING AND VICARIOUS TRAUMA PREVENTION

### **VICARIOUS TRAUMA SYMPTOMS AND EFFECTS**

Physical	Rapid pulse/breathing, headaches, <i>impaired immune</i> response, fatigue, depression
Psychological	Feelings of <i>powerlessness</i> , numbness, anxiety, fearfulness, disillusionment
Behavioral	Irritability, sleep/appetite changes, <i>isolation</i> from friends/family, substance abuse
Spiritual	Loss of purpose, questioning meaning of life, feeling useless
Cognitive	Cynicism, pessimism, <i>hopelessness</i> , preoccupation with work, traumatic image
Relational	Inability to connect/aloneness, withdraw, mistrust, lack of interest in sex, lack of close friends

### **Prevention Must Address:**

- . Body/Mind Impairment
- 2. Loss of Meaning
- 3. Isolation/Aloneness

# VT PREVENTION IS TWO-FOLD + 3 CORE COMPONENTS

# ADDRESSING STRESS OF VT: 1. Self-care

### **Self-Care Activities:**

- Nurture
- Escape
- Mindfulness

# TRANSFORMING HOPELESSNESS OF VT:

2. Purpose3. Community

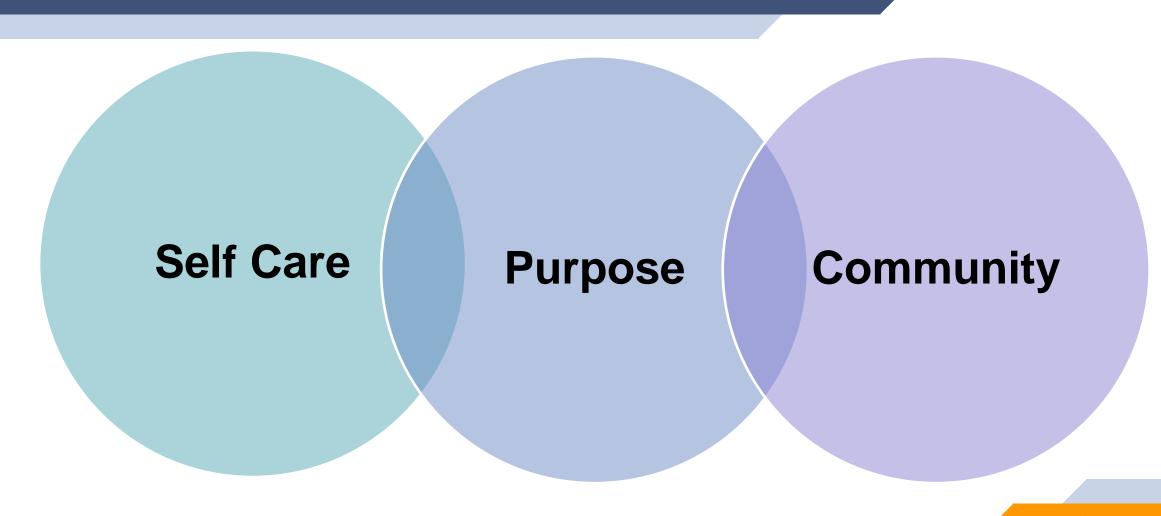
- Finding Life Purpose Activities
  - Create Meaning
- Challenge Negative Beliefs
- Build Community Activities
  - Positive Relationships/Tribe
- Find Support

**VT PREVENTION** 

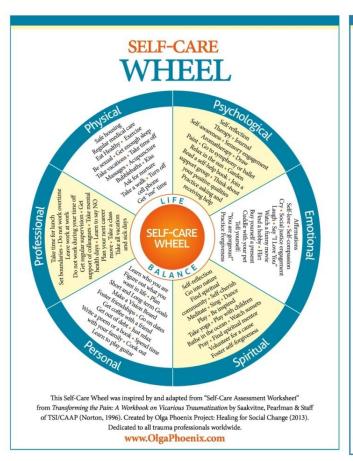
# 3 CORE COMPONENTS OF RESILIENCE BUILDING

Community/ **Self Care Purpose Positive** Relationships

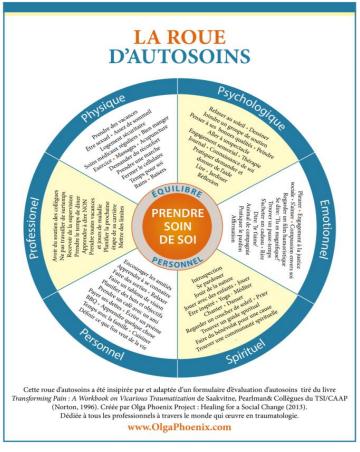
# 3 CORE COMPONENTS OF VT PREVENTION AND RESILIENCE BUILDING



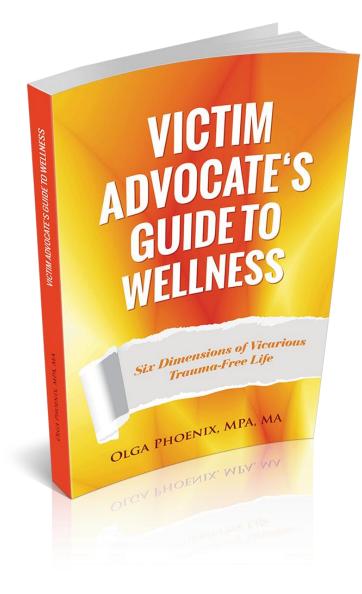


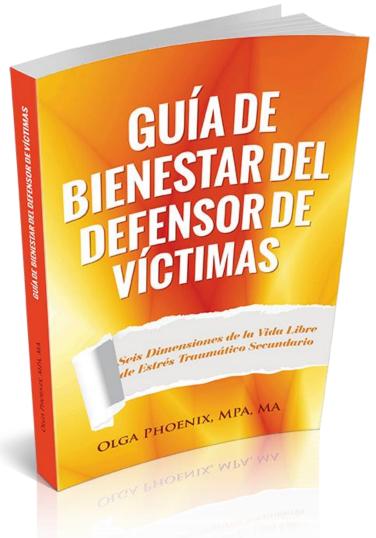




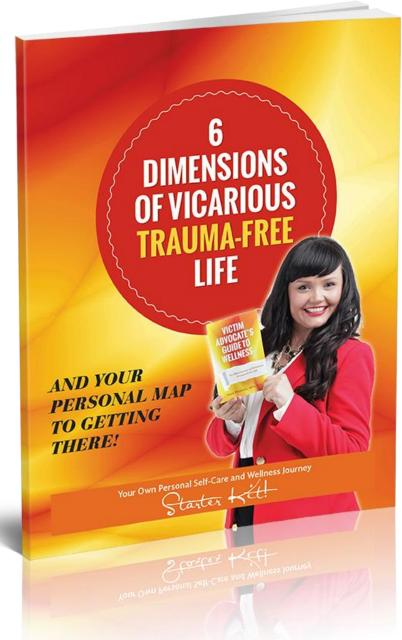


Self-Care Wheels from www.olgaphoenix.com





https://www.amazon.com/gp/product/150089706X/ref=dbs\_a\_def\_rwt\_bibl\_vppi\_i0



http://www.olgaphoenix.com/wp-content/themes/olg/pdf/vt%20Starter%20Kit.pdf

# ORGANIZATIONAL CULTURE OF RESILIENCE AND VICARIOUS TRAUMA PREVENTION

### BEST PRACTICES EXAMPLES

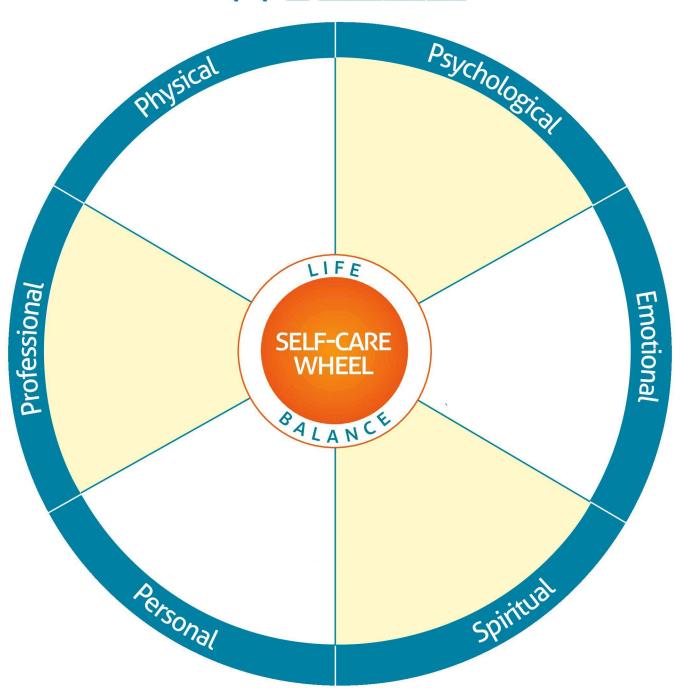
- Living wages
- 2. Health insurance
- 3. Bundled Paid Time Off (vs. Sick Time and Vacation Time)
- 4. Agency-wide Wellness/Resilience/Mental Health Visibility Campaigns and Messages ("This is Me" Campaign)
- 5. Agency-wide Resilience, Mindfulness, Burnout Prevention, Pre/Crisis Intervention online and in-person trainings (Personal Resilience Plan Development; Mental Health First Aid)
- 6. Accountability for completion of trainings through agency-specific policies (mandatory completion of number of hours after onboarding)
- 7. Flexible work hours/lunch to allow staff to access their wellness resources during work day (gym, therapy, 12 step meetings, etc.)
- 8. Wellness Champions Leadership and Staff (San Diego Police Wellness Unit, Deloitte Chief Wellbeing Officer; messaging, awareness campaigns, training and programs, evaluation)
- Established policies, procedures, and resources for employees with mental health/substance misuse considerations (Employee Assistance Program; collaborations with local service providers)
- 10. Ongoing evaluation of current needs, gaps, desired outcomes, policies and programs hts Reserved, www.olgaphoenix.com



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# SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide. Copyright @ 2013 Olga Phoenix, All Rights Reserved.

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#### Self-care...

Take a deep breath. Listen to music. Turn off the news. Workout. Sleep. Cook. Affirmations. Prayers. Meditate. Bake. Walk. Read poetry. Garden. Volunteer. Dance. Get comfy cozy. Practice gratitude. Get some fresh air.

"Create a daily schedule that incorporates self-care"

"Taking classes, participating in zoom staff meetings, community activities"

"8PM Outdoor singing, howling or clapping for our health care workers with our neighbor."

"Doing Youtube Zumba videos, walking my dog each day"

"Zoom video chats with friends and family have been great for us. We even have cocktails or dessert together. Also - spending time with my pets is very calming."

"I exercise. Right now, walking. Ordered a Pelaton. Being easy on myself and family about dishes, TV, screen time"

"Though I want to eat junk all the time, it has helped to try and eat healthy food to nourish my mind and body"

"Catching up on home projects that I didn't have time for before"

"Zoom family games with siblings and all the kids. Played Scatergories. So fun"

"Zoom yoga and time with animals. Planting seeds that are easy to grow"

"Find something I enjoy doing while in isolation, extend that to other people that I'm remotely interacting with and try to have fun within the limitations"

"Yoga online, daily. Qi Gong online. Staying in touch with friends, family, and colleagues at least once a day"

"Livestream music performances"

"Organizing the house"

"Binging Netflix helps me un-focus on all the things in my mind...sometimes it just needs to be nothing!"

"Smooth Jazz music in the evenings"

"Take time to reconnect with fam and friend."

"Create purpose by sharing resilience building strategies with friends and family"

"Journaling about negative beliefs"

"Try to think positive"

"Taking care of things that I have put on back burner"

"10 things you are grateful for in the morning and 10 things you are grateful for in the evening"

"Help neighbors - mutual aid societies"

"Maintain purpose-working from home, keeping in contact with colleagues"

"Slow down. Allow space to just be"

"As a parent— our children force us to live in the present....for myself I have been using essential oils soaps, oil infusers for my place...I have been spending more quality time with my son....and I am still connected to my colleagues at work"

"Maintain purpose - reading inspiring books by mental health professionals"

"I once heard a definition of resilience that included the positive ways we change and grow from adverse experiences. Thinking about what we can learn and how we can grow from this pandemic"

"More sleep, healthier eating, more exercise"

"Reflect on the positives of what we learn after trauma"

"Meditation, Gratitude journaling morning/evening. Exercising daily, preparing healthy meals for myself and family. Having lots of tea. Reading"

"Community: Connecting with colleagues, friends, family via text, facetime, zoom and more."

"Increase exercise outdoors, journaling, Insight Timer Meditations

"My family and I pray every day and feel the love that we have, everything that we need to be happy."

"Send supportive cards to others via mail or email"

"Create a daily routine for myself, include breaks for walks/step outside and allow myself to have moments to relax and sleep"

"Humor, write funny stories for kids and adults, sleep well, ask for hugs when I needed, practice my karate"

"Been working on leveling up what it means to be my best self every day."

"Remind myself that I am not alone and doing the best I can."

Daily walks, volunteer 2 volunteer, zoom with family and friends 3 create checklists for goals

Use humor during moment of tension, table games, said positive thoughts during difucult moments.

Self care: Makeup, listen to music, dance and watch movies. Would like to continue playing soccer, get better sleep and practice meditation. Life purpose: family, work and helping others. I would like to focus on a career since I am still unsure what field to pursue.

Getting more sleep, family walks, using Zoom a lot for work but also social connections and entertainment.

"I also want to add that whatever you may be feeling right now please be compassionate to yourself. Allow these feelings to surface and handle them with care. We are all human. Allow your authentic experiences to live on. Care for yourself as you would care for your own child or for a friend. Dig inside of yourself and find your inner loving parent to handle yourself with care."

"Scheduling lunch and assigning time to do breathing exercises has been helpful"

"Cook something healthy that fills your home with a wonderful smell. Take a walk and smell the aromas of spring"

"Get out of your head and into your body. (By meditating, by moving)"

Some helpful resources...

"Insight Timer is amazing. Also, Peleton has meditations for free until June (as well as workouts for FREE)"

"Headspace is also free for rest of year"

"Sleep mediation before bed on Youtube. 3 days in and my nights are more restful..."

"Think app is great for guided meditation. Kids can use it too"

Relationships...

"Call family members via video chat when possible both here and in my parents' home country"

"Share with my friends, family and clients resources that can do during this pandemic and stay positive and find the time to talk with them at least 5 min."

"Connect more often to friends who don't live near me, talk more about deep things with my husband and family."

"Spend time and build closeness with my grandchildren and new son-in-laws."

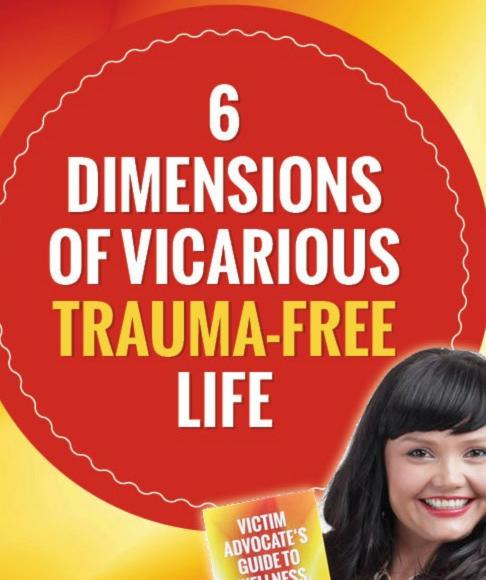
Professional...

"Doing weekly webex meetings with the team. I usually work with no set agenda, but some discussion questions."

"Connecting with my co-workers thru Facetime and zoom."

"I schedule out each day and set my intention for each day."

"In our agency - we spend time in groups of colleagues sharing cases and giving personal and professional support. It is very helpful."



AND YOUR
PERSONAL MAP
TO GETTING
THERE!

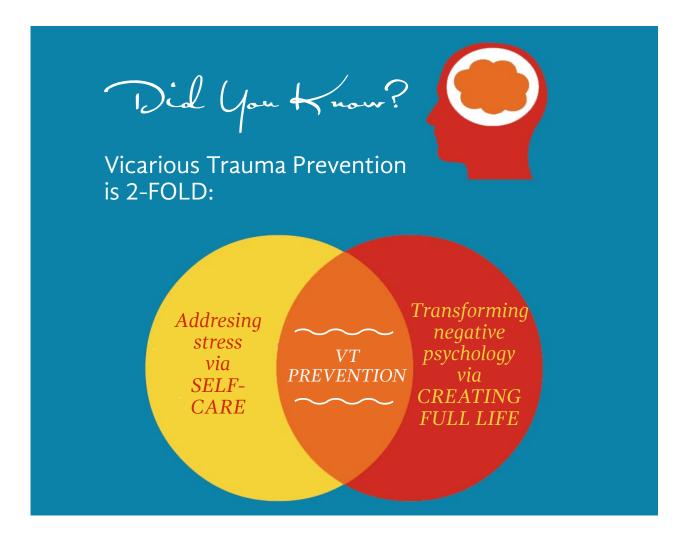
Your Own Personal Self-Care and Wellness Journey



Hi! I'm so excited to share this gift with you! Your Starter Kit is the ultimate roadmap to living healthy and content while thriving in a trauma-related field. It'll help you take the first steps toward your wellness and self-care goals, give you ideas and tips how to make taking care of yourself so much more fun and effective, and open an incredible world of new possibilities! The ideas you'll find here come straight from my new book "Victim Advocate's Guide to Wellness: Six Dimensions of Vicarious Trauma-Free Life!" Welcome to the 1st day of your new life!

### THE SOLUTION IS TWO-FOLD: AND WHY SHOULD YOU CARE

Did you know that vicarious trauma prevention (aka our solution to full, joyful, and productive life in and out of work) is TWO FOLD?



This two-part solution to vicarious trauma is very important. In the past several years SELF-CARE in trauma professionals has been brought to the forefront of various trauma fields, and this is great.

However, the second part of the solution, the negative psychological effects transforming activities, such as rich life outside of work; identifying, working on, and fulfilling long-term goals; discovering and pursuing your passions; building strong support systems outside of work (aka FULL LIFE CREATING ACTIVITES) are not emphasized at all, and often are completely forgotten.

Realistically, one cannot transform despair, loss of hope, and nihilism brought on by vicarious trauma by taking a bubble bath or getting a massage.

This is just not going to happen. Therefore, when we only talk about self-care as a vicarious trauma prevention tool, we are only talking about half of the solution. And of course, when it comes to vicarious trauma, half measures are very much inadequate.

FOOD FOR THOUGHT: In the blanck space below write down your thoughts about Two-Fold Solution to Vicarious Trauma Prevention and Living a Full Life. How will this knowledge change the way you address and prevent Vicarious Trauma in your life?



Between 40%-85%
of "helping professionals"
develop vicarious trauma,
compassion fatigue and
high rates of traumatic
symptoms
(Mathieu, 2012).

The symptoms of vicarious trauma (VT) are essentially the same as symptoms of primary trauma, and include re-experience, avoidance, and hyper-arousal, and result in emotional distress, detachment, ineffective professional behavior, depression, and even suicide.

# I ALREADY DID ALL THE WORK - AND HERE IT IS! :)

You may be pleased to find out that I have developed a tool designed to help us, trauma professionals, to create a personal comprehensive vicarious trauma prevention plan that encompasses both self-care activities and creating full and meaningful life activities, in order to bring wellness, contentment, and joy into our lives. It's called the SELF-CARE AND LIFE BALANCE WHEEL. Take a look at it on page 5.

The Wheel was designed to help trauma workers live full, vicarious trauma-free lives. It is an empowering, affirming, and positive tool, comprised of six dimensions: physical, psychological, emotional, spiritual, personal, and professional. Each dimension represents a part of our lives which requires our daily attention.

All six dimensions are equally important: without nurturing and addressing our physical needs, we cannot be effective in our professional lives; without cultivating the physiological and emotional aspects of ourselves, we cannot effectively negate the despair, demoralization, and loss of hope imposed by vicarious trauma.

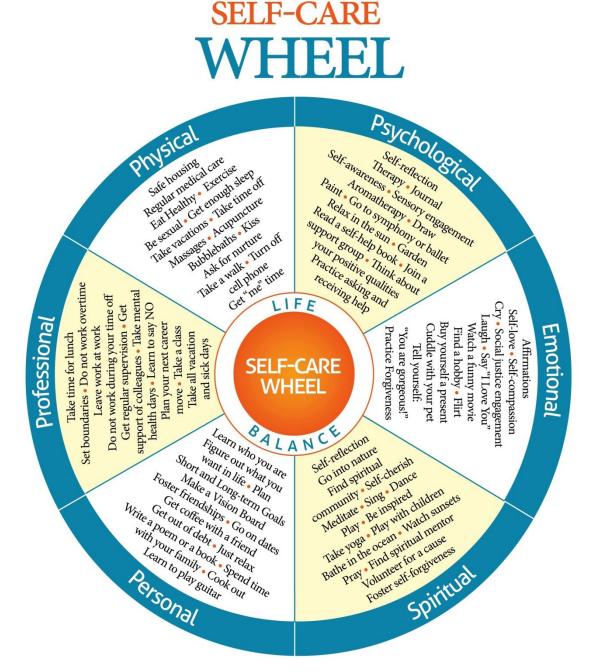
I like to think about the Wheel as a bottom of a chair, with its six dimensions being its six legs. My Life Balance chair is steady and supports me perfectly when I nurture and take care of all six dimensions of my life equally.

When, however, my focus on certain parts of my life decreases—if, for example, I forget to take care of physical or emotional needs by working too much—my Life Balance chair becomes wobbly and shaky, just the way my life becomes unbalanced and unhealthy. This is when I become especially vulnerable to vicarious trauma and burnout.



You can download a
Self-Care and Life
Balance Wheel file in
color and bigger size @
www.olgaphoenix.com or
purchase a framed poster,
watch, tee, a journal,
or even a yoga mat with
the Wheel likeness on
it-to always remind you
about what's important
and keep you right on
wellness track at my
CafePress Self-Care
Warrior shop!

Just think about happy self or coworkers or staff or leadership with one of these for a gift! I can tell you, the face expressions are priceless!:)



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

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In order for the Self-Care and Life Balance Wheel to work, it needs to be preventative and sustainable. It means that we cannot put a copy of the Wheel on our wall at work and expect to never experience the effects of vicarious trauma. The Wheel, rather, needs to become an integral part of our life.

# GOOD STUFF: BUT WHAT NOW???

Overall, the Life Balance Wheel contains 88 suggestions for a range of vicarious trauma prevention practices, ranging from meeting basic physical needs to finding life's purpose and meaning through the psychological and spiritual dimensions.

The goal is to give trauma professionals a great variety of self-care tools so they can explore, test, and adapt them into a personalized, preventative and sustainable vicarious trauma-free lifestyle.

I invite you to experiment with the 88 suggested exercises on the Life Balance Wheel until you know which ones you want to adapt in your life and then practice it as often as you can. These activities should be done regularly, before a crisis.

Say you like a particular guided relaxation meditation on CD. For this meditation to work well for you in a crisis, you must practice it regularly and know for sure it works for you. As the word "preventative" implies, this particular method may prevent you from having to be in a state of crisis in the first place.

Also, your vicarious trauma-free lifestyle needs to be sustainable. It means realistic, ongoing efforts which will keep you healthy continuously through your career.



Many of the practices offered in the Wheel are recognized as Alternative Healing Modalities. The term Alternative Healing Modalities means any form of treatment that is outside of the mainstream Western medicine.

Generally speaking, the Alternative Healing Modalities Model views a human being as a complex organism in which body, mind, and spirit are dynamically interconnected.

They are often very simple methods, such as mindfulness, meditation, mindful breathing, and various relaxation techniques.

For example, I will never become an early bird, thus I know that making myself wake up at 4 am to go to the gym probably will not work in the long run. This type of unrealistic thinking is not only unsustainable, but self-sabotaging. If you pick something you enjoy, it will be so much easier to make it a preventative and sustainable part of your vicarious trauma-free lifestyle.

### YOUR OWN PERSONAL MAP TO VT-FREE LIFE

Now, I invite you to take a long hard look at the Wheel's SIX DIMENSIONS and realistically and honestly assess your current situation, where would you like to go, how do you picture your VT-Free Life and will take to maintain it. The questions below will help you with this process. Use the blank space under each question to jot down your thoughts, ideas, comments, answers as they come up.

**1.** Examine the Wheel closely, then mindfully and non-judgmentally listen to your body and mind, and write down the thoughts that come.

**2.** What are your hopes and goals in regards to this new Self-Care and Wellness Journey?



There are hundreds
of different alternative
healing modalities
practiced all over
the world.

The most popular forms of alternative healing modalities practiced in the United States are Acupuncture, Aromatherapy, Art Therapy, Chiropractic, Dance Therapy, Deep Breathing, Herbalism, Guided Imagery, Massage, Meditation, Progressive Muscle Relaxation, Tai Chi, Reiki, Reflexology, and Yoga.

Each practice can be easily incorporated in your daily life, providing balance, positive focus, and reprieve when needed.

3. What are your fears about this new Seif-Care and Wellness Journey?
<b>4.</b> What do you already know about your life and work habits that require your immediate attention?
<b>5.</b> How does your life feel? What seems to be working well? What seems to be challenging?
***  Fantastic work answering the 1st set of questions!! It's often very difficult to reflect on our fears, goals, and aspirations. One of the reasons being that human psyche really dislikes CHANGE, and we often hear the voice of INNER CRITIC especially loudly when we are getting ready to start a NEW JOURNEY, no matter how exciting or promising it is. Whatever FEELINGS you might be experiencing at the moment-welcome them! Say: "Hello, dear feeling, I know you are

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we need to proceed!:)

here and present. I welcome you, because you are important to me". Your psyche's resistance to change usually lessens, at least a tiny bit, when it's validated and welcomed. And that's all

<b>6.</b> On a journey like this, it's HUGELY important to have a SUPPORTIVE FRIEND. Your therapist, your partner, your best friend, your co-worker, your supervisor, even a loving presence of imaginary INNER FRIEND can do the trick! As long as feel like you are not alone on this journeyit all that counts! Who is your current support group? Who would you like to enlist to become a part of your support group? Think about the concept of INNER FRIEND and see if you can find one within.
<b>7.</b> After you identified your SUPPORT GROUP, it's valuable to reflect on your SABOTEURS. It could be your inner critic, an unsupportive colleague, your overly packed schedule, or even an unhealthy habit. Here it's important to reflect on the fact that no matter who or what your saboteurs are, YOU and your SUPPORT GROUP can tackle them in NO TIME!
<b>8.</b> Now, with SUPPORT GROUP identified, and SABOTUERS exposed, let's think about your reasons behind getting this Kit in the first place? What is motivating you to seek information about Vicarious Trauma Prevention and Solutions to Living FULL JOYFUL AND MEANINGFUL LIFE?
***
Excellent job on dismantling BARRIERS and identifying SOLUTIONS! Now, we come prepared to creating our personal SELF-CARE AND LIFE BALANCE WHEEL and our own

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SIX DIMENSIONS OF VICARIOUS TRAUMA-FREE LIFE!

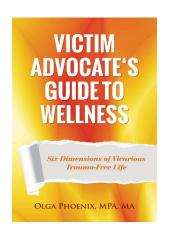
9. Looking at the Physical Dimension of your life, what are the activities that work well for you currently? What are the things you would like to do more of? Less of? Any specific activities you would like to try from the Physical Dimension of the Wheel?
10. Looking at the Psychological Dimension of your life, what are the activities that work well for you currently? What are the things you would like to do more of? Less of? Any specific activities you would like to try from the Psychological Dimension of the Wheel?
11. Looking at the Emotional Dimension of your life, what are the activities that work well for you currently? What are the things you would like to do more of? Less of? Any specific activities you would like to try from the Emotional Dimension of the Wheel?
12. Looking at the Spiritual Dimension of your life, what are the activities that work well for you currently? What are the things you would like to do more of? Less of? Any specific activities you would like to try from the Spiritual Dimension of the Wheel?

13. Looking at the Emotional Dimension of your life, what are the activities that work well for you currently? What are the things you would like to do more of? Less of? Any specific activities you would like to try from the Emotional Dimension of the Wheel?
14. Looking at the Personal Dimension of your life, what are the activities that work well for you currently? What are the things you would like to do more of? Less of? Any specific activities you would like to try from the Personal Dimension of the Wheel?
15. Looking at the Professional Dimension of your life, what are the activities that work well for you currently? What are the things you would like to do more of? Less of? Any specific activities you would like to try from the Professional Dimension of the Wheel?
16. Imagine yourself once you've CREATED, TRIED, AND MASTERED the Your Own, Personal, Sustainable, and Preventative Self-Care and Life Balance Plan! How do you feel about yourself? Allow this feeling of GREAT ACCOMPLISHMENT to fill your entire mind, body, and soul. Remember this feeling, write about it, and come back to it often to recharge and refuel.

**17.** Now, having done all this tremendous work getting to know YOURSELF, take a minute and admire the results! Congratulate yourself on your fantastic progress, and mainly, on taking the 1st step to the kind of LIFE you've always wanted! Go ahead, write yourself a LOVE NOTE!:)

### WHAT'S NEXT?

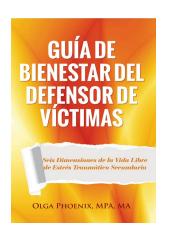
Congratulations! You have started your new beautiful transformational journey to Self-Care and Wellness, as well as a Joyful and Cherished Life, FREE of Vicarious Trauma! To further explore Self-Care and Life Balance Wheel and exercises designed to get you to FULL LIFE you want, please check out my new book "Victim Advocate's Guide to Wellness: Six Dimensions of Vicarious Trauma-Free Life!", available in paperback and ebook on Amazon.com in English and Spanish! Get it autographed by me with your personal inspirational message or order in bulk at 30% off @www.olgaphoenix.com!



Inside "Victim Advocate's Guide to Wellness: Six Dimensions of Vicarious Trauma-Free Life", you'll find:

- A profoundly simple yet life changing #1 Rated Vicarious Trauma Prevention and Self-Care Tool by Trauma Professionals!
- Over 90 simple practical powerful exercises to make immediate, lasting changes in overall quality of your life.
- Vicarious Trauma Assessment Tool to let you know if you are at risk!
- Candid account of my personal journey of recovery from the depths of vicarious trauma. I tell you exactly what I did to change my reality in sustainable ways so that you can do the same thing.

- Profound validating stories that you can actually relate to that will keep you turning the pages and know that you are not alone. If they can do it, so can you!
- A step-by-step guide to implement, empower, and sustain an organizational culture of vicarious trauma prevention and sustainability at your workplace!
- A compassionate, loving approach. You've beaten yourself up for not being good enough long enough. It's time to fire your Inner Critic and become your Inner Friend!
- Eye opening connections between physical, emotional, psychological, spiritual, personal, and professional dimensions of your life and your overall health.
- An exciting, simple, transformational journey to joyful, full, and cherished life free of vicarious trauma!



- Este libro será su guía personal para vivir sano y contento mientras prospera en un campo relacionado con el trauma.
- Aquí, usted descubrirá poderosas herramientas reales para abordar y trasformar el Estrés Traumático Secundario y Fatiga por Compasión.
- Usted aprenderá acerca de eficaces técnicas para auto consolación, renovación y trasformación.
- Exploraremos modalidades de respiración, meditaciones guiadas, afirmaciones, fomento de gratitud y rituales para "dejar su trabajo en el trabajo" y así abrir un camino a la satisfacción compasiva, bienestar personal y empoderamiento.
- Se le proporcionarán herramientas para implantar, potenciar y mantener una cultura organizacional de prevención del Estrés Traumático Secundario.
- Finalmente, descubrirá cómo mantener el equilibrio de su vida al nutrir los aspectos físicos, psicológicos, emocionales, espirituales, personales y profesionales de sí mismo, con el fin de crear una vida productiva, plena y preciada, libre de Estrés Traumático Secundario.

### **LET'S KEEP IN TOUCH!**

I can't wait to connect with you more. Below is a list of where we can continue to learn and grow together:

My Facebook: Tips, photos, upcoming events, and news.

My blogs, videos, and resources: All new at www.olgaphoenix.com.

My tweets: Here, it's all about #selfcare!

My LinkedIn: Connect with amazing community of like-minded WonderPeople!

Go Forth, Do GreatThings, And Self-Care!!!

In deep gratitude,



