

SECONDARY Trauma

What's the difference between STS and CF?

While they can be connected **SECONDARY TRAUMATIC STRESS** is the physical and emotional stress of knowing about another's trauma. The signs of STS are often considered to be somewhat similar to PTSD with avoidance, arousal, and intrusion symptoms. **COMPASSION FATIGUE** is the natural emotional and physical response to discussing someone else's trauma. CF can come from daily work, especially if it relates to trauma.

source: <http://bit.ly/NCTSsecondarytrauma>

How can I help others who may be suffering?

Connect with your co-workers. By connecting with those around us, we can become a safe place for those who are suffering to come to for help and support. Offer resources that you think might help them and encourage them to get professional help if needed. Become more aware of the topic, by doing so, not only can we recognize the symptoms in ourselves but we can have empathy for those who may be suffering.

IDEAS TO HELP OTHERS

Be kind | practice empathy | be a safe space | suggest helpful resources
Encourage them to get professional help if needed

Watch a Ted Ed about PTSD

<http://bit.ly/2pUvwpK>

Self Compassion Exercises

<http://bit.ly/2ONH0Ep>

STARFISH WELLNESS: FEEL GOOD. DO GOOD.

UPCOMING EMPLOYEE WELLNESS CAMPAIGN

SECRET SERVICE SANTA

DEC 9TH – 20TH

4 prompts created to give opportunities to serve and give as a secret Santa

Rules: must be committed to follow through, love to help people feel loved, be good at sneakily delivering items, have your heart grow 3 sizes, be joyful!

Created to bring more of the spirit of Christmas into the office!

RECIPE SHARING CAMPAIGN

More details to come. End of January. Share 1 recipe, try as many as you can, vote on favorites, cookie exchange party to celebrate end of campaign and announce winners.

Employee curated 2020 cookbook

START THINKING ABOUT WHICH RECIPES YOU WANT TO SHARE!

“AND ONCE THE STORM IS OVER, YOU WON'T REMEMBER HOW YOU MADE IT THROUGH, HOW YOU MANAGED TO SURVIVE. YOU WON'T EVEN BE SURE, WHETHER THE STORM IS REALLY OVER. BUT ONE THING IS CERTAIN. WHEN YOU COME OUT OF THE STORM, YOU WON'T BE THE SAME PERSON WHO WALKED IN. THAT'S WHAT THIS STORM'S ALL ABOUT.

- HARUKI MURAKAMI

NEW TFP CLUBS

Two new clubs have been created! The **book club** and the **crochet & knit club**. Created to give staff the opportunity to connect with each other outside of work.

