



TSW TIME OUT

VOLUME 1

TRAUMA SENSITIVE WORKPLACE INITIATIVE

WELCOME TO THE FIRST VOLUME OF OUR NEWSLETTER

THE TRAUMA SENSITIVE WORKPLACE TEAM WILL DISTRIBUTE NEWSLETTERS MONTHLY TO TRAINED DHHR STAFF THAT INCLUDE ADDITIONAL RESOURCES AND INFORMATION ABOUT TRAUMA, SELF-LOVE, AND HOW TO GET SUPPORT IN YOUR COMMUNITY AND FROM THE TSW TEAM. CLICK THE LINK ABOVE THE PICTURE BELOW TO WATCH A SHORT VIDEO ABOUT THE TSW PROGRAM!

[Click Here!](#)



SELF-LOVE SUGGESTION

EMOTIONAL SELF-CARE: PACIFYING PLAYLISTS

Develop your own music playlist to listen to when you are feeling stress. Choose songs that bring you joy, and have them ready for a bad day. Research shows that music has an overall positive and immediate effect on physiological arousal and psychological responses to stress and increases feelings of happiness. (Canadian Institutes of Health Research, 2023).

FAST FACT

"IN A NATIONAL SURVEY, AMERICANS CITED BENEFITS OF SELF-CARE AS: ENHANCED SELF-CONFIDENCE (64%), INCREASED PRODUCTIVITY (67%), HAPPINESS (71%). FROM A PHYSICAL HEALTH PERSPECTIVE, SELF-CARE ALSO REDUCES HEART DISEASE, STROKE AND CANCER." (NATIONAL COUNCIL FOR MENTAL WELLBEING, 2023).



We're Here for *YOU!*

Contact us for support and more resources to address Secondary Traumatic Stress and Vicarious Trauma. Be on the lookout for future trainings and newsletters! Email us at: TSW@Marshall.edu