



TSW TIME OUT

VOLUME 2

TRAUMA SENSITIVE WORKPLACE INITIATIVE

CRISIS EVENT SUPPORT

A CRISIS EVENT IS ANY EVENT THAT CAUSES STRONG EMOTIONAL REACTIONS THAT HAVE THE POTENTIAL TO INTERFERE WITH THE ABILITY TO FUNCTION NORMALLY AND MAY OVERWHELM THE NORMAL COPING MECHANISMS OF THAT COMMUNITY.

EXAMPLE CRISIS EVENTS:

- CRITICAL INCIDENTS
- WORKPLACE INJURY/DEATH
- DEATH/SEVERE INJURY OF A CLIENT
- DEATH OF ANOTHER EMPLOYEE
- WORKPLACE VIOLENCE/THREATS
- NATURAL DISASTERS

HOW TO RECEIVE CRISIS EVENT SUPPORT IN YOUR DISTRICT

IF YOUR DISTRICT WOULD LIKE TO REQUEST OUR ASSISTANCE, WE ASK THAT THE SUPERVISOR OR SOCIAL SERVICES MANAGER EMAIL US AT TSW@MARSHALL.EDU WITH THE SUBJECT TITLE OF CRISIS EVENT ALONG WITH A BRIEF DESCRIPTION OF THE EVENT, THE NUMBER OF STAFF EFFECTED, AND A CONTACT PERSON FOR OUR STAFF TO REACH OUT TO. A MEMBER OF OUR STAFF WILL CONTACT YOU FOR FURTHER INFORMATION.

SELF-LOVE SUGGESTION

EMOTIONAL AND PHYSICAL SELF-CARE: PLAY WITH PETS

Make it a habit to spend time with your pets. You can spend this time walking or playing with them, petting them, teaching them new skills, or talking to them! Caring for a pet can help relieve stress, anxiety, depression and has heart health benefits!

[Click here for a short video](#)



FAST FACT

"PEOPLE WITH PETS HAVE LOWER BLOOD PRESSURE IN STRESSFUL SITUATIONS THAN THOSE WITHOUT PETS. ONE STUDY EVEN FOUND THAT WHEN PEOPLE WITH BORDERLINE HYPERTENSION ADOPTED DOGS FROM A SHELTER, THEIR BLOOD PRESSURE DECLINED SIGNIFICANTLY WITHIN FIVE MONTHS." (HELP-GUIDE.ORG, 2022)

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