



# TSW TIME OUT

VOLUME 4

TRAUMA SENSITIVE WORKPLACE INITIATIVE

## HEALING OURSELVES WHILE HELPING OTHERS

WHEN SECONDARY TRAUMATIC STRESS TRIGGERS UNRESOLVED TRAUMA



[CLICK HERE TO LEARN HOW TO RECOGNIZE IF YOUR CHILDHOOD TRAUMA IS AFFECTING YOU AS AN ADULT](#)

### SELF LOVE SUGGESTION: DAILY AFFIRMATIONS



- I AM A STRONG, CAPABLE PERSON
- I KNOW MY WORTH
- I ACCEPT MYSELF FOR WHO I AM
- I AM PROUD OF MYSELF
- NEGATIVE THOUGHTS DO NOT SERVE ME
- I DESERVE TO BE LOVED & TO LOVE OTHERS
- I AM CAPABLE OF MAKING HEALTHY CHOICES
- TODAY I WILL DO MY BEST

### 10 SIGNS OF UNRESOLVED TRAUMA AND HOW TO DEAL WITH IT

YOU HAVE NO JOY  
TRUST ISSUES  
NIGHTMARES  
SELF-HARM  
EXTREME ANGER  
FEARS  
PANIC ATTACKS  
AVOIDING PEOPLE  
HYPERVIGILANCE  
ADDICTIONS

[FULL ARTICLE CLICK HERE](#)

### WHY ARE MEMORIES OF MY PAST TRAUMA COMING BACK NOW?

[CLICK HERE FOR THE FULL ARTICLE](#)

"WHEN THE FEAR, THE ANGER, THE SADNESS, THE HELPLESSNESS, THE HEARTACHE—ALL THE EMOTIONS THAT WERE PERHAPS TOO PAINFUL, TOO COMPLICATED, OR JUST "TOO" IN THE IMMEDIATE AFTERMATH OF THE TRAUMA SUDDENLY REEMERGE, YOUR NEW TASK IS TO SIT WITH THOSE EMOTIONS AND LET THEM HAVE THEIR SAY."

### FAST FACT

65.2% OF CPS WORKERS REPORTED THAT THEY THEMSELVES HAVE EXPERIENCED AT LEAST 1 TRAUMATIC EVENT IN THEIR LIFETIME. (REINKS, 2020)

## 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](mailto:TSW@Marshall.edu)

"A GOOD LAUGH HEALS A LOT OF HURTS" — MADELEINE L'ENGLE