Trauma Exposure Response

*A trauma exposure response may be defined as the transformation that takes place within us as a result of exposure to the suffering of other living beings or the planet.*

**Warning Signs**

Feeling helpless and hopeless

A sense that one can never do enough

Hypervigilance

Diminished creativity

Inability to embrace complexity

Minimizing

Chronic exhaustion/ physical ailments

Inability to listen/ deliberate avoidance

Dissociative moments

Sense of persecution

Guilt

Fear

Anger and cynicism

Inability to empathize/ numbing

Addictions

Grandiosity: an inflated sense of importance related to one’s work

Bessel A. van der Kolk

Theory of “Stress-Resistant Persons”

**Shared Traits**

1. A sense of personal control
2. Pursuit of personally meaningful tasks
3. Healthy lifestyle choices
4. Social support

Journaling Exercise

*Ask yourself what your ancestors and those who raised you have done, throughout time, to heal themselves and others. When they experienced trauma, how did they go on?*

Trauma Stewardship

*A daily practice through which individuals, organizations, and societies tend to the hardship, pain, or trauma experienced by humans, other living beings, or our planet itself. By developing the deep sense of awareness needed to care for ourselves while caring for others and the world around us, we can greatly enhance our potential to work for change, ethically and with integrity, for generations to come.*

**The Five Directions**

Creating Space for Inquiry

* Why am I doing what I’m doing?
* Is trauma mastery a factor for me?
* Is this working for me?

Choosing Our Focus

* Where am I putting my focus?
* What is my Plan B?

Building Compassion and Community

* Creating a microculture
* Practicing compassion for myself and others
* What can I do for large-scale systemic change?

Finding Balance

* Engaging with our lives outside of work
* Moving energy through
* Gratitude

A Daily Practice of Centering Myself

Buddhist Loving- Kindness Meditation

May I be free of suffering and the roots of suffering.

May you be free of suffering and the roots of suffering.

May we be free of suffering and the roots of suffering.

May I find peace and the roots of peace.

May you find peace and the roots of peace.

May we find peace and the roots of peace.

May I find joy and the root of joy.

May you find joy and the root of joy.

May we find joy and the root of joy.

May I find wellness and the roots of wellness.

May you find wellness and the roots of wellness.

May we find wellness and the roots of wellness.

May I be free.

May you be free.

May we be free.