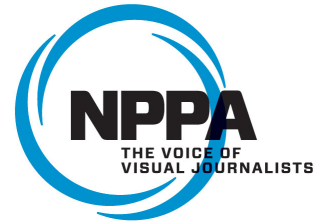


Chronic Stress



SAFETY HELP SHEET

There are several ways in which stress may impact your life. It can include stress or burnout, situations that individually might not be considered traumatic but overtime lead to a sense of incapacity and an inability to deal with perceived demands.

There are several ways in which trauma and stress may impact your life. It can come from:

- A critical incident (a single event),
- Long-term exposure to extreme events or trauma
- Vicarious traumatization- interviewing or being exposed to others who were traumatized
- Burnout- even events that might not be considered traumatic may lead to a sense of incapacity and an inability to deal with perceived demands over time.
- Compassion Fatigue-The convergence of primary traumatic stress, secondary traumatic stress, and cumulative stress / burnout.

Signs & Symptoms

Vicarious Traumatization

Bystander's guilt, Rage, Dread, Horror
Shame, Grief, Mourning, Viewing the survivor as hero, Over-identification, Sense of bond w/ survivor, Defense of survivor.

Burnout

Excessive fatigue, Sleep disruptions, Headaches, Stomach aches, Body aches
Susceptibility to colds / flus, Excessive alcohol use / caffeine consumption / smoking, Diminished work performance.
Absenteeism / Tardiness, Declining productivity, Inefficiency, Mistrust of co-workers / supervisors. Neglecting own safety / physical needs, Depersonalization in interactions with colleagues / clients. Feelings of helplessness, Irritability, Anxiety, Depression, Pessimism / Cynicism. Social isolation, Carelessness.
“Loss of spirit”, Inability to concentrate
Grandiose beliefs about one’s own importance

The reason you are feeling the symptoms of stress matters much less than your ability to identify them and seek help when needed.

The result of exposure can result in anything from minor discomfort to incapacitation.

**Keep in mind that you may see some of the signs and symptoms in a coworker.
*Feel free to share this information.***

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255 or visit <https://suicidepreventionlifeline.org/>