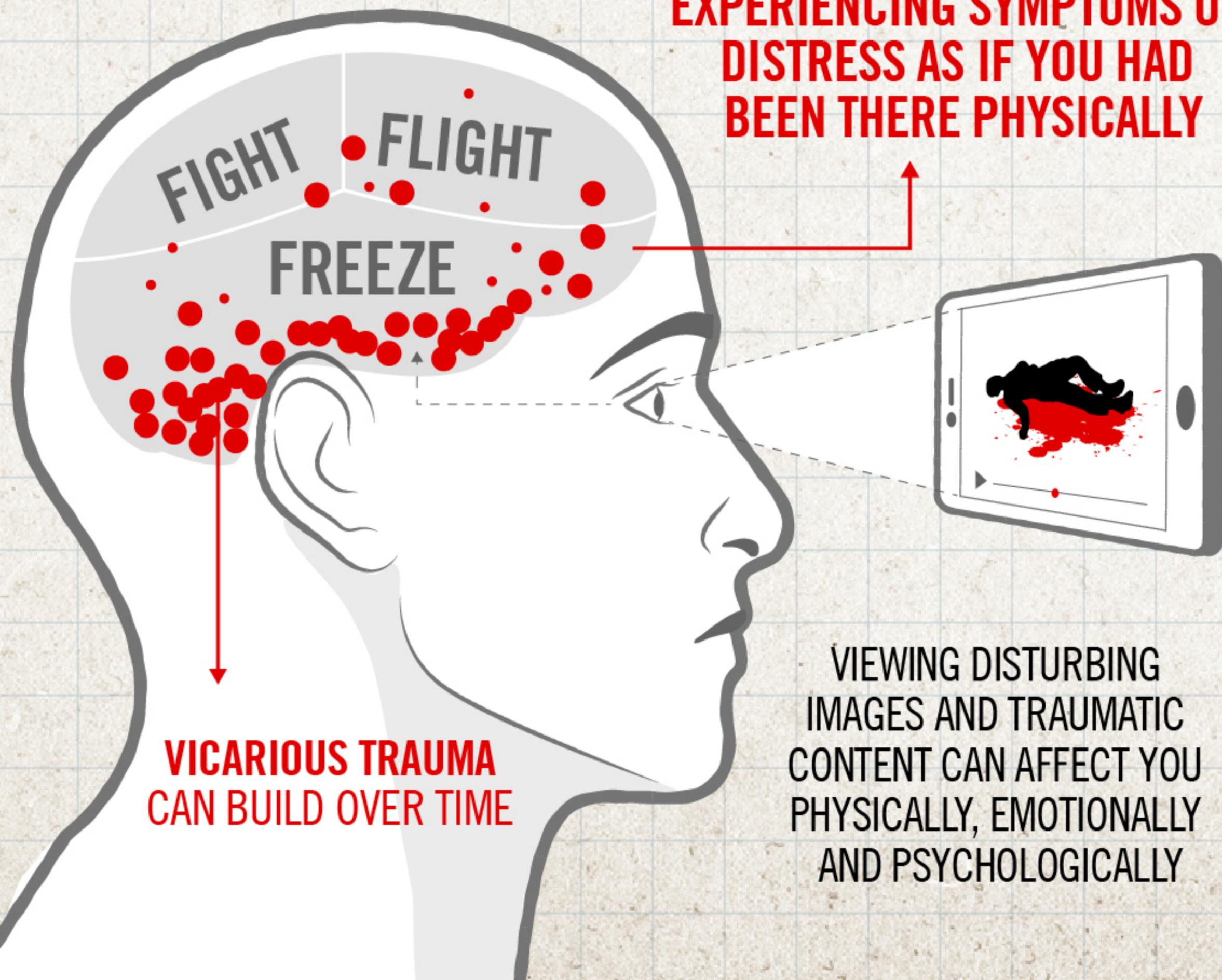


# WHAT IS 'VICARIOUS TRAUMA'?



**EXPERIENCING SYMPTOMS OF DISTRESS AS IF YOU HAD BEEN THERE PHYSICALLY**



**VICARIOUS TRAUMA CAN BUILD OVER TIME**

**VIEWING DISTURBING IMAGES AND TRAUMATIC CONTENT CAN AFFECT YOU PHYSICALLY, EMOTIONALLY AND PSYCHOLOGICALLY**

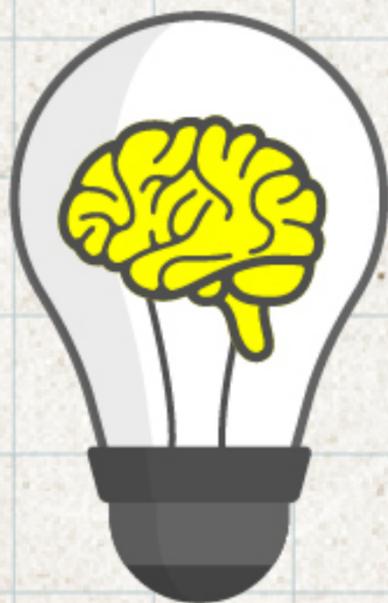
# 'VICARIOUS TRAUMA' SIGNS TO WATCH FOR



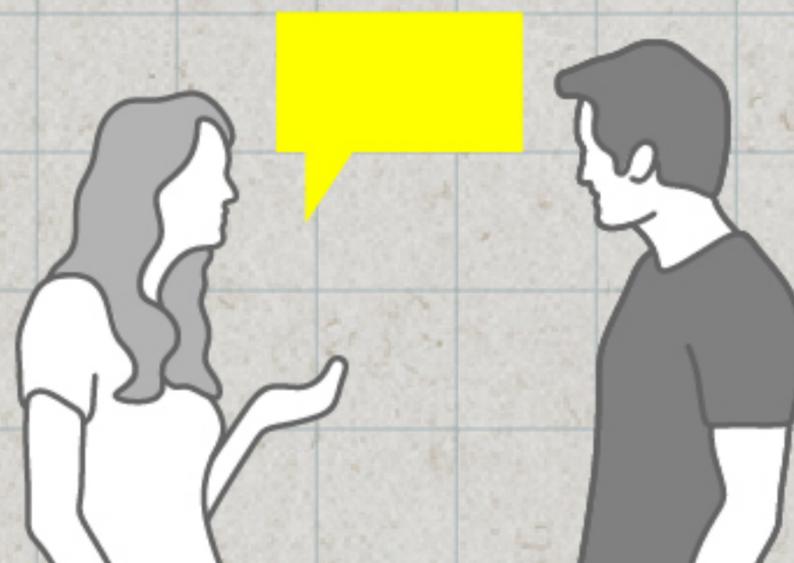
**I'M NOT HUNGRY**

**LEAVE ME ALONE**

# 'VICARIOUS TRAUMA' WHAT CAN I DO? (8 STEPS)



**1** Awareness: Recognize the problem



**2** Talk it over with someone you trust



**3** Look after your sleep



**4** Take time out and create boundaries

# 'VICARIOUS TRAUMA' WHAT CAN I DO? (8 STEPS)



## 5 Grounding exercises

- Focus for five seconds on five objects you can see around you
- Focus on the contact your body makes with your chair and/or the floor
- Smell a food or flower or other item
- Splash water on your face



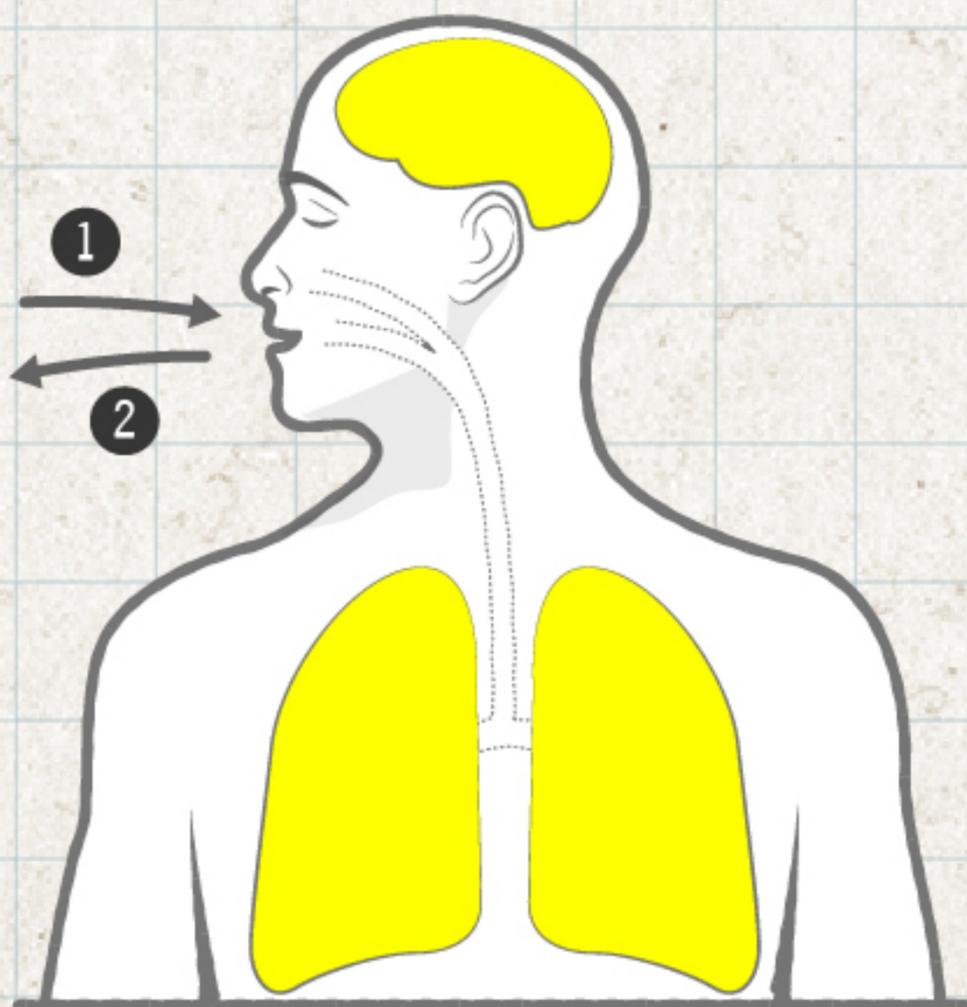
## 6 Warn others before you share it

If you share traumatic or graphic content on social media, warn others before you send it to them or mark it as 'sensitive', so people have the choice about whether they engage with it

# 'VICARIOUS TRAUMA' WHAT CAN I DO? (8 STEPS)



## 7 Take a breather



### 7-11 breathing

- 1 Breathe in to the count of seven
- 2 Breathe out to the count of eleven and repeat until you begin to feel more in control

## 8 Remember that you are not powerless



You're not powerless, and you're not alone. We all need to look out for each other