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# **How Are You *Really?* Managing the Impact of Your Work**

**PARTICIPANT PAGES**

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**NCLAP Minority Outreach Conference  
June 3, 2022**

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# Reflections: Impact on Me

- How have the last few years changed me—for better or for worse?
- How is my work impacting me? My personal life?
- Has my worldview changed, due to my role? If so, how is this impacting my work?
- Am I experiencing signs or secondary trauma? Of burnout? If so, what am I experiencing?

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# Self-Assessments

Complete *one* of the following tools to assess how you are really doing. Here is a menu of self-assessment tools to choose from.

- **Secondary Traumatic Stress Scale (Bride, 2013)**  
Includes an assessment of trauma symptoms such as intrusion, avoidance, arousal, and negative alterations in cognition and mood. <https://www.stsconsortium.com/resources-for-individuals-1>
- **Functional Impairment from Secondary Trauma Scale (Bride, 2013)**  
Assesses psychosocial distress or impairment in several life domains: social, occupational, familial, sexual, psychological, emotional, and physical. <https://www.stsconsortium.com/resources-for-individuals-1>
- **Professional Quality of Life (5) Scale (Stamm, 2009)**  
Assesses compassion satisfaction, burnout, and compassion fatigue. [https://www.proqol.org/ProQol\\_Test.html](https://www.proqol.org/ProQol_Test.html)
- **Burnout, Compassion Fatigue, and Vicarious Trauma Assessment (Crisis & Trauma Resource Institute, Inc.)**  
Assesses whether you are at low, moderate, high, or extremely high risk of burnout, compassion fatigue (secondary trauma) and vicarious trauma. <https://www.careinnovations.org/wp-content/uploads/3-Burnout-Compassion-Fatigue-and-Vicariou-Trauma-Assessment.pdf>

(NCTSN, 2021)

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# **My Personal Resilience Plan**

What are your take-aways—what do you most want to *remember* from this session?

Identify 1 to 3 things you can do to attend to your mental health and wellness on a regular basis.

What are the potential barriers of taking these steps? How can you overcome these barriers?

Identify what you can commit to starting *in the next week*. Identify an accountability partner and share your plan with them *in the next week*.

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