

# Creating Resiliency and Renewal in Our Work Tools for Healing from

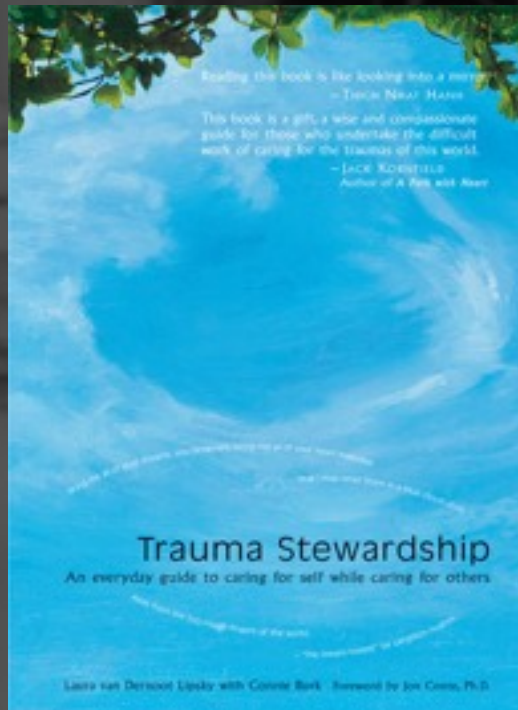


Photo © Sharon Morrison

Wednesday, June 5, 2013

# Trauma Stewardship

An everyday guide to caring for self while caring for others



Laura van Dernoot Lipsky  
with Connie Burk

[www.traumastewardship.com](http://www.traumastewardship.com)

# Trauma Stewardship

“...the entire conversation about how we come to do this work, how we are affected by it, and how we make sense of and learn from our experiences.”

Trauma Stewardship,  
Laura van Dernoot Lipsky, p. 6

# Sources of distress

Expectations of how things “should” be

- Other agencies will be happy to collaborate
- Clients will make changes you want them to
- Your work will be energizing and satisfying
- Clients and co-workers will be always grateful
- Political priorities/social policies will be fair and just

# Sources of distress

How things are





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# Sources of distress

A black and white photograph of a person in a hoodie sitting on a cart or bicycle, looking down, with a suitcase and other items on the cart. The person is in the center of the frame, and the background is slightly blurred, showing other people and what appears to be an outdoor setting.

## Job function challenges

- More demands – fewer resources
- Lack of sufficient guidance, training, support
- Work–life balance



# Sources of distress

A black and white photograph of a person in a hoodie pushing a shopping cart filled with bags and an umbrella, with another person in a hoodie in the background.

## Relations with colleagues


- Ineffective communication; conflicts
- Lack of teamwork

# Sources of distress

A black and white photograph of a person in a hoodie sitting on a cart or wheelchair, looking down, with other people in the background.

## The risk of caring

- Bearing witness to deep suffering
- Helping bend the moral arc of the universe
- The difficult path of compassion



Let us not underestimate  
how hard it is to listen  
and to be  
compassionate...

A black and white photograph of a person wearing a dark hoodie and heavy jacket, sitting on a shopping cart. The person is looking off to the side with a serious expression. The cart is filled with bags and items. In the background, other people are visible, some standing near a building with columns. The overall scene suggests a person of low socioeconomic status in an urban environment.

How are we affected?

I can never do enough

No matter what I do or how well I do it, it won't be enough

vs.

It's a long road... I need to take good care of myself and my health



Feeling helpless and

hopeless

The world is plunging into  
greater chaos, despair

Difficult to see positive changes,  
possibilities

# Diminished creativity

Going through motions, bored

Energy spent just getting through  
the day

Playful spirit and creative energy  
missing in action



# Chronic exhaustion

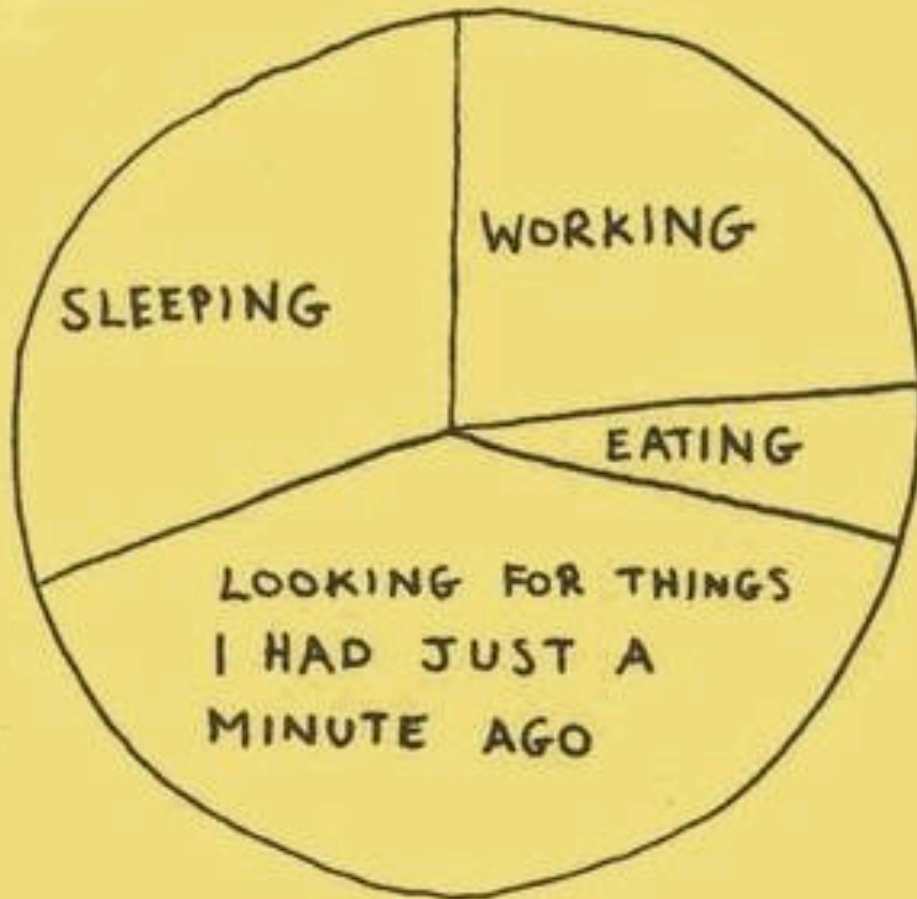
bone  
tired  
soul tired  
heart  
tired  
spirit  
tired



# Dissociative moments



# MY LIFE BROKEN DOWN INTO SEGMENTS



# Guilt

How can I experience the joy of

- sleeping in a warm bed
- going out for a nice meal
- traveling for fun
- getting a massage

when others are struggling to survive?

# Anger and sarcasm

While anger is a natural response, sarcasm is a coping mechanism for dealing with anger, or other feelings, that we may not be able to manage.

# Sarcasma™

sarcasm relief capsules

Are you tired of repeating the phrase, "Ya Think?!" Do you often bite your lip during meetings to suppress your blatant sarcasm from spewing out? Relax. You don't have to live with it anymore. **Now there's Sarcasma - the sarcasm suppressant.** Just one Sarcasma Capsule a day can free you and others from your normally arrogant, abrasive attitude.



### Comforting relief

from the use of irony, mocking and conveying contempt.

\* From the makers of Damitol

"I prescribe Sarcasma to all of my patients. Sure, some of them don't really need it, but I'm just tired of hearing their crap".

- Dr. Phil N. Goode, MD



## Read Our Sarcasma Success Stories!



**"I'm almost cured, if you can call it that".**

"I used to suffer from severe VHS (Violent Hysterical Sarcasm). Then someone, well EVERYONE, in my office told me about Sarcasma. Sarcasma has virtually eliminated my need to ask friends, "Where's that? On your home planet of 'Oh, yeah sure'?" or "Dumbass says WHAT?" Thanks, Sarcasma!"

-Janet P.

**"I no longer shoot my co-workers!"**

"Since I started taking Sarcasma, I've noticed a major change in my attitude. And, not as many people flee the break room when I walk in." - Mike K.



Sarcasma™

If you know how to freakin' type, visit us at [www.sarcasma.net](http://www.sarcasma.net)

\*Ask your doctor before starting any sarcasm relief program (like he cares). Side effects may include headache, bleeding from eyeballs, extreme apathy, uncontrollable rage, turret's syndrom, muteness and excessive drooling.

# Addictions

What unhealthy attachments do I cling to?

What am I most resistant to give up?

What do I count on to help me numb out?

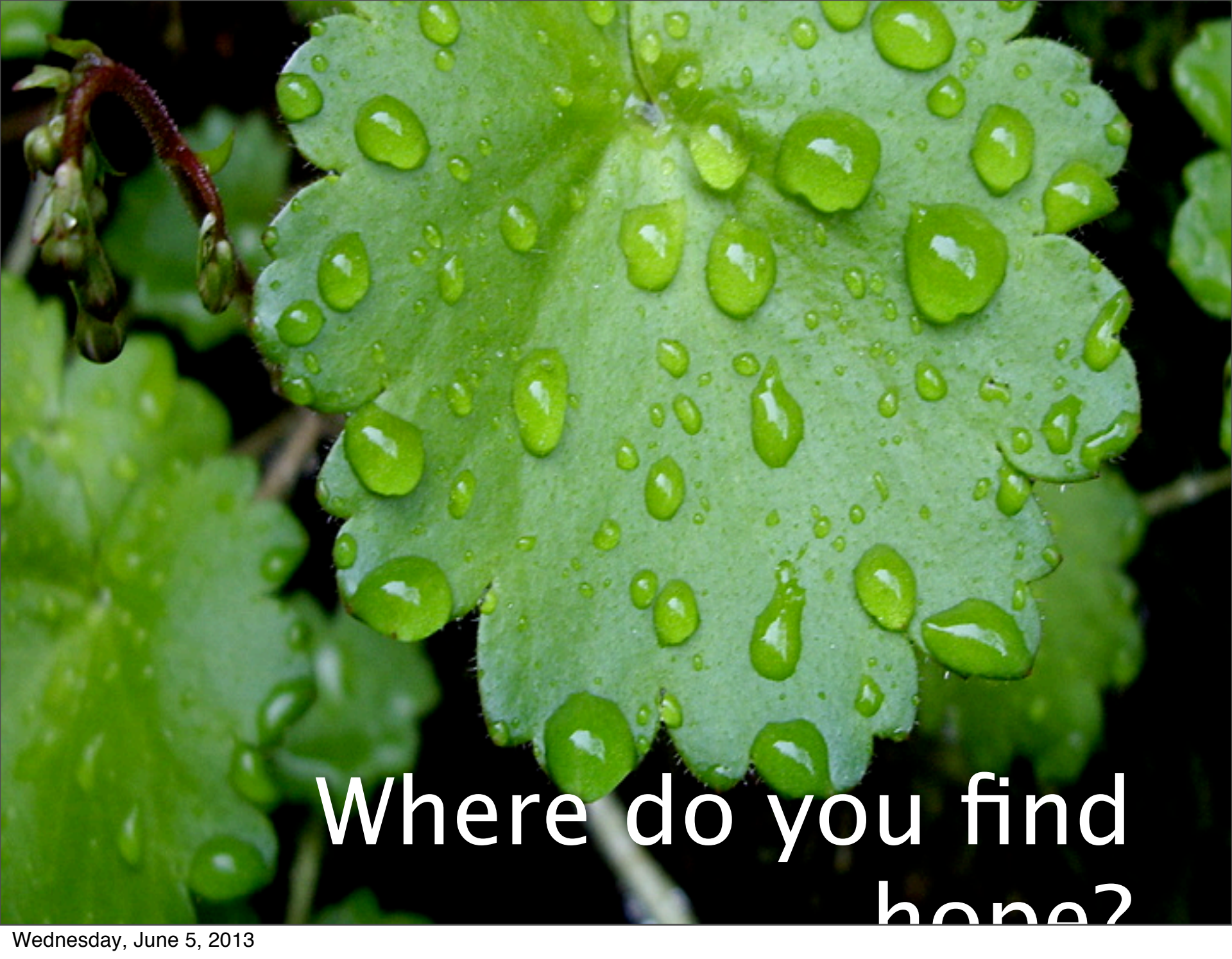
# Addictions

What unhealthy attachments do I cling to?

What am I most resistant to give up?

What do I count on to help me numb out?

e.g. alcohol, drugs, sex, gambling, shopping, sarcasm, overworking, "helping" others, PPT slides



Where do you find  
honey?



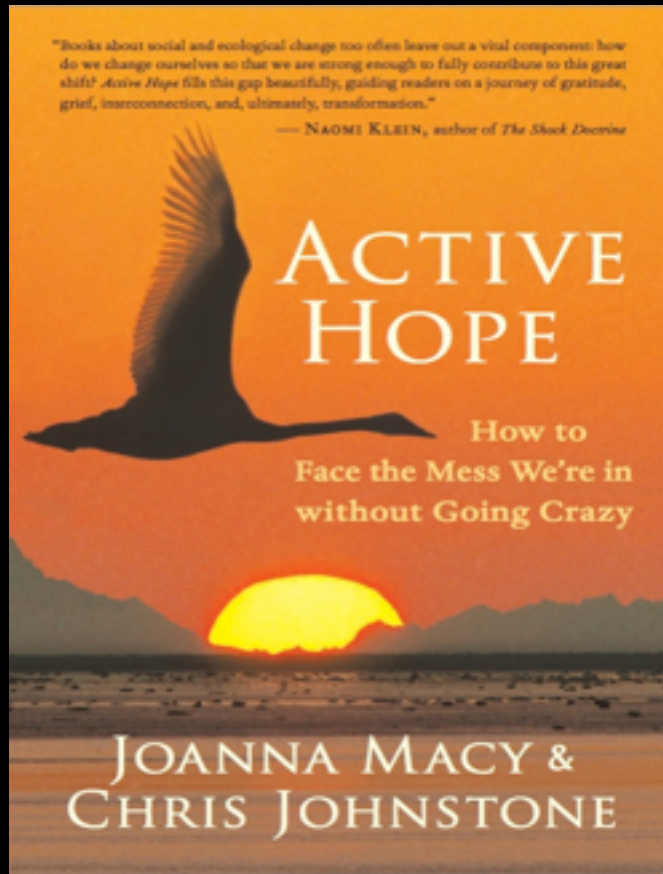
Hope is not believing you can  
change things: hope is believing  
that what we do makes a  
difference.

Vaclav Havel

Do not depend on the hope of  
results.

# Active Hope:

How to Face the Mess We're in without Going Crazy



Joanna Macy and  
Chris Johnstone



# Three stories of our lives

Wednesday, June 5, 2013



“Business as usual”

Wednesday, June 5, 2013

“The great



Wednesday, June 5, 2013




“The great turning”


A close-up photograph of a dragonfly's wings, showing the intricate network of veins and the dark, iridescent color of the membrane. The wings are positioned diagonally across the frame, with the top wing slightly overlapping the bottom one. The background is dark, making the wings stand out.

# A few tips from the Harvard Business Review



A close-up photograph of a dragonfly's wings, showing the intricate network of veins. The wings are dark and translucent, with a prominent reddish-brown vein running through them. The background is dark, and a portion of a green leaf is visible on the right side.

Manage your  
energy, not your  
time

A close-up photograph of a dragonfly's wing, showing the intricate network of veins. The wing is dark with a reddish-brown tip. In the background, a green leaf is visible, slightly out of focus. The overall lighting is soft, highlighting the texture of the wing and leaf.

# Manage your energy, not your time

“Manage Your Energy, Not Your Time” by Tony Schwartz and Catherine McCarthy, Harvard Business Review, October 2007

# Physical energy



- Enhance sleep; earlier bedtime; less alcohol use
- Cardiovascular exercise 3 x week
- Strength training 1 x week
- Eat small meals/light snacks every 3 hours
- Notice flagging energy – yawns, restlessness
- Take brief, regular breaks at 90–120 min intervals

# Emotional energy



- Defuse negative emotions (e.g. irritability, impatience) through deep abdominal breathing
- Fuel positive emotions in yourself and others by expressing appreciation to others in specific ways through notes, emails, calls, conversations
- Look at upsetting situations through a new lens – reverse lens, long lens, wide lens

# Mental energy


A close-up photograph of a dragonfly's wings, showing the intricate network of veins. The wings are dark with a reddish-brown tip. The background is a soft-focus green leaf.

- Reduce interruptions – do high concentration tasks away from phones and email
- Respond to voicemails and emails at designated times throughout the day
- Every night, identify the most important challenge for the next day – make it your first priority when you arrive at work

# Spiritual energy



- Identify your “sweet spot” activities – give you fulfillment. Find ways to do these.
- Allocate time and energy to what you consider most important.
- Live your core values with intentionality.

A close-up photograph of a dragonfly's wings, showing the intricate network of veins and the dark, almost black, membrane. The wings are positioned diagonally across the frame, with the top wing slightly above the bottom one. The background is dark, and a portion of a green leaf is visible on the right side. The text "How organizations can help" is overlaid in white, sans-serif font in the center of the image.

# How organizations can help

In what ways do  
you currently  
foster resiliency  
(awareness,  
balance,





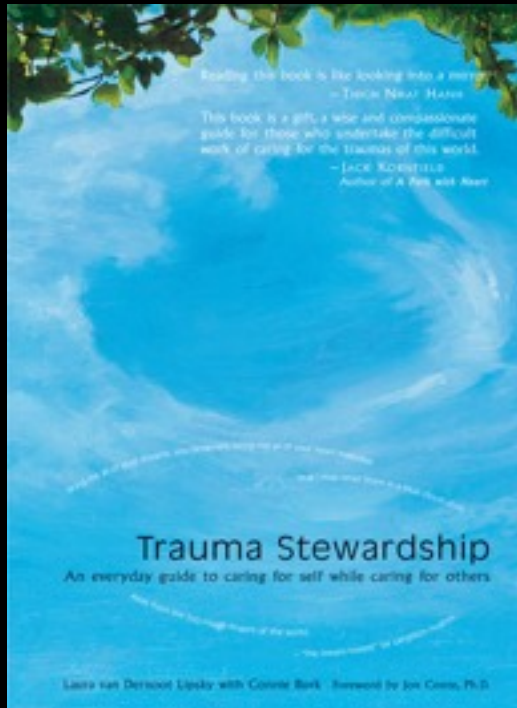
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# A few resources

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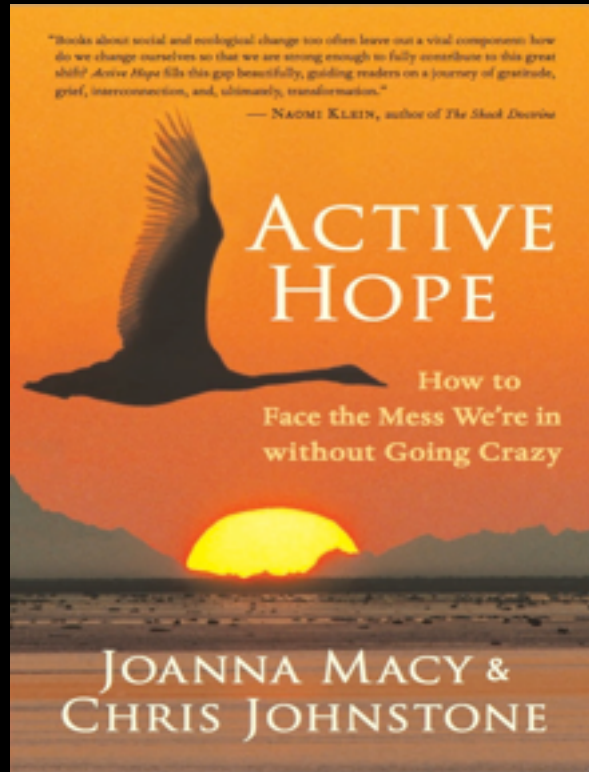


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Chris Johnstone



# What about You? A Workbook for Those Who Work with Others

[www.familyhomelessness.org](http://www.familyhomelessness.org)



Thank you!