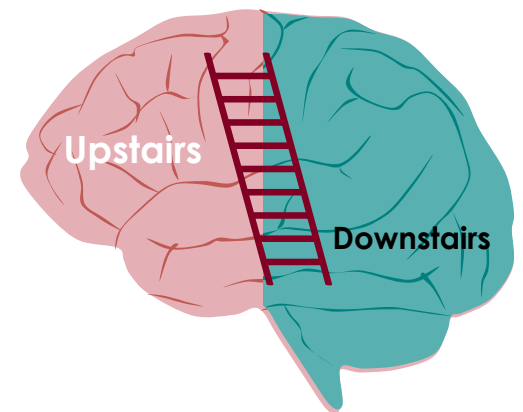


Lesson 2c- Our Own Nervous Systems

Tools to Respond vs. React



Define
Vicarious Trauma

Compassion Fatigue

Burnout

Ways to move through the
stress cycle

Sources Used in Lesson 2c:

- Nagoski, E., & Nagoski, A. (2020). Burnout: The secret to unlocking the stress cycle. Ballantine Books.
- AMSSA- Migration Matters - Burnout, Vicarious Trauma, and Compassion Fatigue 2021 <https://www.amssa.org/wp-content/uploads/2021/01/Burnout-Info-Sheet-January-2021-FINAL.pdf>
- Perry, B. (n.d.). The Neurosequential Model - Stress, Trauma, and the Brain. PBS Learning Media for Teachers. Retrieved June 13, 2024, from <https://gpb.pbslearningmedia.org/resource/the-neurosequential-video/stress-trauma-and-the-brain-insights-for-educators-thinktv-cet/>.

Importance of Community Wellness

REFLECTION QUESTION

1. What resonated with you the most in this lesson? What changes are you going to make?

Additional Resources:

- Ep. 29 - Boundaries, Regulated & Relational Podcast, July 2022
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep--29-Boundaries-e1lemqp>
- Ep 32 - Secondary Traumatic Stress, Regulated & Relational Podcast, August 2022
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep-32---Secondary-Traumatic-Stress-e1n5erv>
- National Child Traumatic Stress Network, Secondary Traumatic Stress Committee. (2011). Secondary traumatic stress: A fact sheet for child-serving professionals. Los Angeles, CA, and Durham, NC: National Center for Child Traumatic Stress.

