

PUTTING YOUR MASK

NICHQ
National Institute for Children's Health Quality



DEPRESSION

TRAUMA

ALCOHOL



DRUGS

INTIMATE PARTNER ABUSE

INTER-GENERATIONAL EPI-GENETIC

- WHAT it LOOKS LIKE:
- SHAME
 - DEPRESSION
 - INSOMNIA
 - INDIFFERENCE
- ...and this list goes on....



- WHAT it LOOKS LIKE for US:
- BURN OUT
 - STRESS
 - COMPASSION FATIGUE

COMPASSION

RESILIENCE and SATISFACTION

- SCIATICA
INSOMNIA
NOT HUNGRY
TOO HUNGRY
- BODY
- STRESS



- SLEEP TOO MUCH
FLARE UPS
MIGRAINES
MUSCULAR PAIN

YOUR BODY is TELLING you
ACKNOWLEDGE your ALARMS
YOUR BODY CAN'T TAKE it
BODY'S SIGNALS

STRESS KILLS

HEALTHY
start
TA & SUPPORT CENTER

IT CAN CUT LIVES SHORT by ONE THIRD



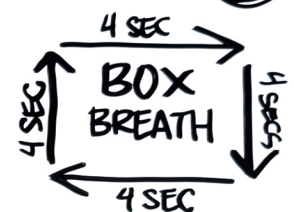
SECONDARY TRAUMATIC STRESS WARNINGS

IT TRIGGERS the IDEA that YOU HAVE NO CONTROL... but YOU DON'T HAVE to FEEL this WAY

No one are MASTERS at TAKING CARE of OTHERS, but WHEN DO YOU CARE FOR YOURSELF?



BURNOUT is NOT FUN!



SPOT ATTITUDE

- 5 THINGS YOU SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU HEAR
- 2 THINGS YOU SMELL
- 1 AFFIRMATION

AROMATHERAPY



LISTENING to MUSIC

BUILD and MAINTAIN AUTHENTIC RELATIONSHIPS

HOLD SOMETHING COLD to REDIRECT your MIND



GROUNDING

see in
Colors