Our mental health and well-being continuum

**Thriving**

Feeling good and able to cope with life’s challenges

**Distressed**

Mental health and well-being challenges are interfering with our quality of life and our functioning or coping skills are low. We may have a challenge like depression and reaching out
Secondary Trauma

Secondary trauma is a condition that can occur in someone who is repeatedly exposed to or hears about traumatic experiences that happen to others.

A person suffering from secondary trauma will often experience symptoms like chronic nightmares and anxiety and sometimes turn to substance abuse, much like someone with post-traumatic stress, except without a traumatic event actually happening to them.
Some signs of secondary trauma

Cynicism, anger or irritability
Emotional detachment
depersonalization or a sense of numbness
Sadness or depression
Intrusive images or thoughts about the footage or incident
Nightmares, difficulty sleeping

Social withdrawal and disconnection from friends and family
Changes in worldview (e.g. a sense of pessimism or futility about people)
Diminished self-care
Increased physical ailments and illness
Use of alcohol or drugs to forget about work, recover from work
Ways to help with secondary trauma

- Peer support discussions/groups
- Taking breaks from the footage/activity
- Self-care practices
- What brings you joy?
- Other forms of creative expression

- Speak to your director/producer to see if any changes are possible
- Socialize (if that’s your jam!)
- Reach out to a MH professional
Burnout

Burnout is a reaction to prolonged or chronic job stress and is characterized by three main dimensions:

- exhaustion
- cynicism (less identification with the job)
- feelings of reduced professional ability

If you feel exhausted, start to hate your job, and begin to feel less capable at work, you may be showing signs of burnout.
Some signs of burnout

- Alienation from work-related activities
- Physical symptoms
- Emotional exhaustion
- Reduced performance
- Forgetfulness and difficulty concentrating
- Diminished pride in your work
- Losing sight of yourself and your goals
- Difficulty maintaining relationships and being present with loved ones
- Frustration and irritability with co-workers
- Unexplained physical ailments: muscle tension, pain, fatigue, and insomnia
Common Causes of Burnout

- Unreasonable time pressures
- Lack of communication and support from a leader
- Lack of role clarity
- Unmanageable workload
- Unfair treatment
Some treatments for burnout

● It’s reversible!
● Remember what makes you happy!
● Realizing you can’t do it all
● Can you somehow lighten or shift your workload?
● If possible, changes in work environment/load that is causing the burnout can help enormously
● A vacation is a temporary but effective reprieve
● Do things to renew yourself while you work- breaks, walks
● Sometimes changing your job is necessary as burnout can lead to depression
● Support from colleagues
● Speak with your director or producer/team leader