

Our mental health and well-being continuum

Thriving

Feeling good
and able to
cope with life's
challenges



To....

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 or Vicarious 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