

# Psychological Hazmat Suit for a Trauma-Exposed Professional



**Head:** what are some cognitive coping skills you can use to enhance your own resilience? Write down an affirmation or positive thought about your work.

**Eyes, Ears, Nose:** what are your sensory inputs and how do they impact you? Write down 2 toxic inputs that you will protect yourself from and 2 positive inputs you will expose yourself to.

**Neck and Shoulders:** Where are you holding stress in your body? What can you do to prevent or relieve some of the physical stress effects?

**Heart:** what feelings arise when you are working with trauma survivors? How can you regulate your feelings during trauma exposure? How can you process your feelings afterward?

**Hands:** Who supports you at work? Who supports you in your personal life? Write down 1 person you can talk to at work and 1 person you can talk to after work.

**Legs:** What are some physical outlets that you enjoy? Write down 1 physical activity you will engage in this week to reduce stress.

**Feet:** How can you stay grounded while doing this work? What helps keep you grounded – mindfulness, spirituality, nature, family? Write down 2 things that help you stay grounded.