

What to Know About Trauma & Burnout



Community Futures British Columbia

| Rural Resiliency Initiative

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Your CF staff and businesses alike may experience trauma as a result of a disaster. The EQRRT can provide connections to professionals that can provide specialized training and additional resources.



The Stress Response

Trauma is encoded in terror: Fight-flight-freeze-fawn. It harms emotional regulation, sense of safety and sense of self. It produces feelings of helplessness and shame. It may be weeks or months before the information your CF provides is “heard” and absorbed by the business owner and they are able to act.



Difficult Conversations

In situations where expected/assumed forms of support are not available, your CF should be up front and clear if “help is not on its way.” Your CF and the business can then redirect energies.



Signs of Burnout

Be aware of changes in yourself, colleagues and clients: Change in sleeping habits, ongoing fatigue, intensive emotion, random health issues appearing, apathy, an overactive nervous system, deriving no pleasure what used to bring pleasure, “numbing out” via cellphone, getting sick on vacation.

CF Self-Regulation & Trauma Management Tips

- Breathe and slow down to think clearly
- Find your allies
- When you are called to a crisis, take a moment to prepare yourself internally before you act
- Getting a task done is better than getting it done perfectly
- Perfectionism leads to black and white thinking
- If you're feeling overwhelmed you're likely under-staffed
- In a disaster there are no good outcomes, only outcomes that are less bad