

# TRAUMA & SELF CARE

## TRAUMA EFFECTS IN POLICE WORK

- Exposure to trauma on the job (Ex. witnessing death) and secondhand trauma (Ex. listening to victims) can increase psychological distress
- Childhood trauma and high work stress can increase depression symptoms
- Reduced social supports have been linked to continual psychological distress

## PSYCHOLOGICAL DISTRESS SYMPTOMS INCLUDE:

- Depression
- Anxiety
- Hyper arousal/hypervigilance
- Sleep issues (insomnia, nightmares, etc.)
- Fatigue
- Irritability
- Interpersonal problems (at work & home)
- Headaches
- Substance abuse
- Guilt



**TRAUMA MAY AFFECT YOUR LIFE, BUT EVERYONE HAS THE CAPACITY FOR RESILIENCY!**

## SELF-CARE TIPS

- Take time off or reduce overtime work
- See your doctor regularly
- Plan healthy meals, stay hydrated, & exercise frequently
- Stay engaged with your civilian friends & don't talk about work off-duty
- Take deep breaths and stretch on-duty