

Secondary Trauma: Risks and Resilience

Meaning (What is your why?):

Symptoms

- 1.
- 2.
- 3.
- 4.

Risk Factors:

- 1.
- 2.
- 3.
- 4.

Joy/Happiness/Contentment:



Coping Tools

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Protective Factors: