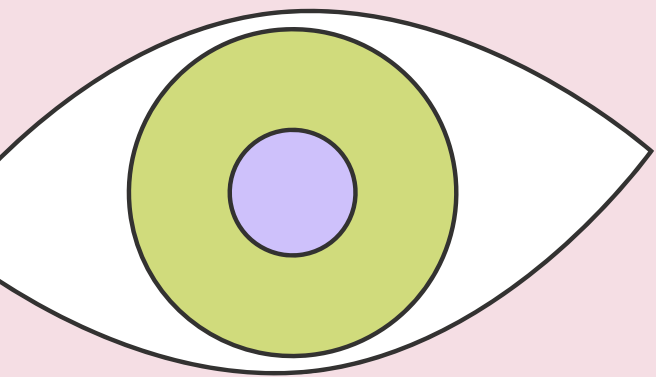
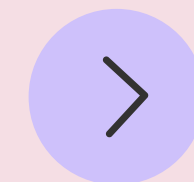


# 4 Ways to Set Kind Boundaries for Trauma- Informed Medical Professionals



Helen Garcia, MSW





## **Helen Garcia, MSW (she/her)**

- Outreach Coordinator & Associate Therapist at Yellow Chair Collective


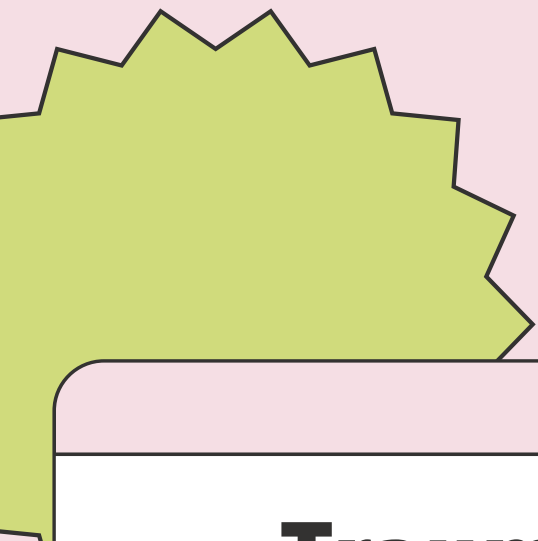


### **Fun facts:**

- Audio Production Nerd
- First Generation Filipina American
- Love to interview people (even without the mic!)



# Agenda




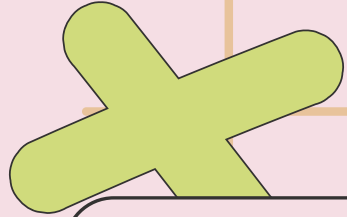
**Trauma-  
Informed  
Care &  
Impact on  
Body**



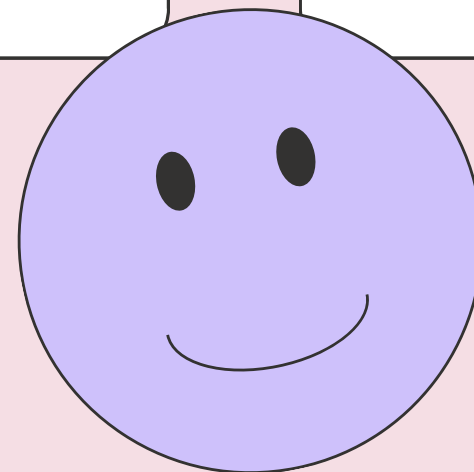
**Role  
Boundaries  
Play to Aid  
Our Overall  
Health**

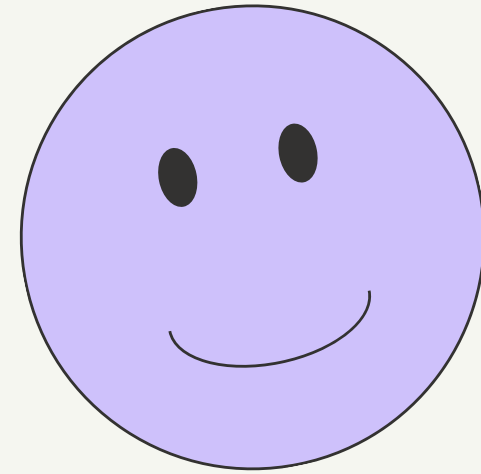


**4 Practical  
Ways to Set  
Kind  
Boundaries**



**Bonus:  
Self-  
Check-In  
Tools**





# **Part 1: Trauma - Informed Care & Long-Term Impacts on Medical Workers**

# Positive Benefits Trauma-Informed Medical Professionals Have on Their Patients



## Physical

1. **Safety & Trust:** We create a safe and trusting environment for patients. When patients feel safe and respected, their anxiety levels decrease, enabling them to engage more openly in their care.
2. **Reduced Retraumatization:** Trauma-informed care minimizes the risk of re-traumatization by avoiding practices that may be distressing. Healthcare providers are trained to be sensitive to potential triggers and to approach patients with ***empathy and compassion.***

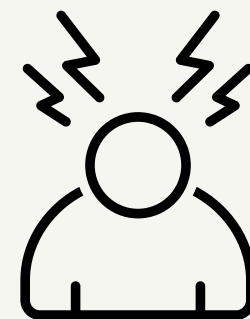
## Mental

1. **Long-Term Healing:** Trauma-informed care promotes not only physical recovery but also emotional and psychological healing. Patients are more likely to engage in ongoing medical care and adopt healthier lifestyle choices when they feel supported and understood.
2. **Whole Person Approach:** Trauma-informed care recognizes that trauma can affect every aspect of an individual's life. It encourages healthcare providers to consider patients' physical, emotional, and mental well-being as interconnected. This holistic approach leads to more comprehensive and effective treatment plans.



# **Impact of Providing Trauma Informed Care can Cause Secondary Trauma for Medical Professionals**

Source: <https://psychcentral.com/health/secondary-trauma>







# Trauma Informed Medical Professionals & Impact on Physical & Mental Health

## Physical

1. **Exhaustion:** Long hours, high patient volumes, and physically demanding tasks -> extreme fatigue and burnout. Healthcare workers may experience physical exhaustion, which can impact their overall health and well-being.
2. **Physical Strain:** Many healthcare tasks require repetitive motions, heavy lifting, and prolonged periods of standing. Over time, these activities can lead to musculoskeletal issues, chronic pain, and physical injuries.

## Mental

1. **Stress and Anxiety:** High-pressure environment of healthcare settings -> chronic stress & heightened anxiety levels. The responsibility of making critical decisions about patients' lives adds to this mental strain.
2. **Emotional Exhaustion:** Witnessing the suffering of patients and sometimes losing them can lead to emotional exhaustion. This can manifest as a decreased ability to connect emotionally, resulting in feelings of detachment.
3. **Compassion Fatigue:** Healthcare workers often invest emotionally in their patients' well-being. Over time, this emotional investment can lead to compassion fatigue, where they feel emotionally drained and less able to empathize with patients.



# Trauma Informed Medical Professionals & Impact on Emotional Health

## Emotional

1. **Empathy Overload:** Healthcare workers frequently encounter patients in distress, which requires them to show empathy and provide emotional support. This continuous emotional engagement can lead to emotional exhaustion and difficulty disconnecting from patients' pain.
2. **Grief and Loss:** Dealing with patient deaths and witnessing traumatic experiences can take a toll on healthcare workers' emotional health. Coping with grief and loss, both personally and professionally, can be challenging.
3. **Ethical Dilemmas:** Healthcare workers often face complex ethical decisions that can weigh heavily on their conscience. Balancing patient autonomy, family wishes, and medical best practices can lead to emotional turmoil.
4. **Moral Distress:** When healthcare workers believe that they are unable to provide the level of care they know their patients need due to systemic issues, they experience moral distress. This internal conflict can cause emotional strain and frustration.





**portrayals of excellent self-care**

**LALINA**

Deep moisturizer

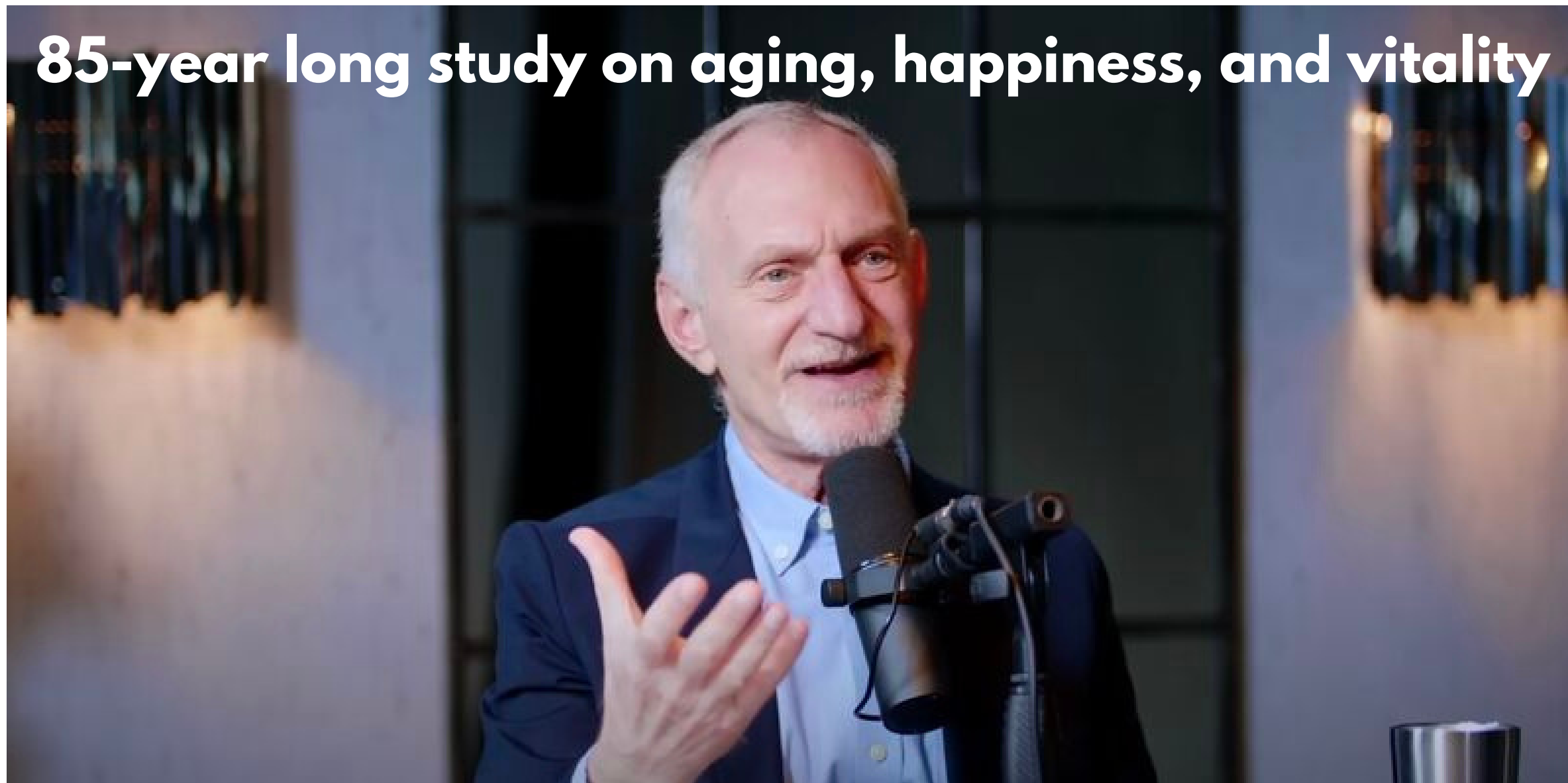
Super creamy  
Best for dry skin

60 mL / 2.0 oz



**Biggest Lies we're told in what will make us happy is about consumerism: Car, equipment, Fame, Wealth, Badges of Achievement  
Because it's measurable & quantifiable**

Dr. Robert Waldinger, Harvard University

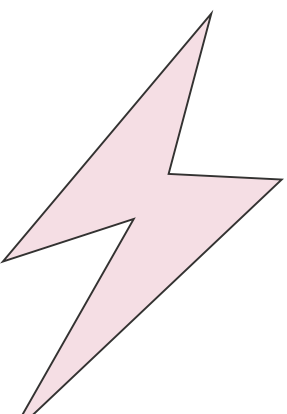




# Culture Paints an Incomplete Picture to Holistic Healing.

Today, we are going to quantify and measure healing by discussing -

- Boundaries
- Self-Compassion
- Self-Reflection (bonus resources in slides)





# What is a "Boundary"?

- **personal guidelines** - it helps both medical professionals and patients feel safe, respected, and understood.
  - Imagine protective bubbles that keep everyone comfortable and ensure that interactions are positive and helpful.
- **Boundaries protect our emotions**, like a shield guards a knight. They help us say "yes" or "no" to things that make us happy or uncomfortable. When we know our feelings matter, we set healthy limits.





# 4 Ways to Set Kind Boundaries

## Energizing Rest Stops

Picture your energy as a precious resource. Just like a car needs pit stops to keep going, schedule regular breaks during your shifts. Use these moments to recharge, even if it's just a brief pause. It's amazing how a few minutes of rest can rejuvenate your spirit.

## Mindful Prioritization

1. **Honor your limits.** As a medical professional, your heart is big, but your time is limited. Focus on tasks that truly matter and learn to say no when your plate is full. This ensures you can dedicate quality attention to each patient.
2. **Communication Compass:** Just like you explain medical procedures to patients, communicate your boundaries with your colleagues. Be clear about when you're available and when you're not. This helps avoid last-minute stress and allows everyone to plan accordingly.

**Reminder:** Taking care of yourselves is just as important as taking care of your patients.

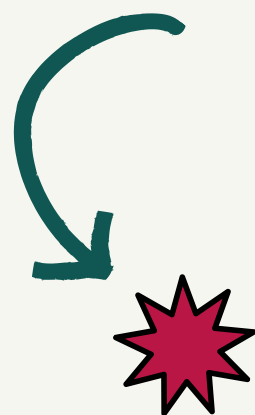


# 4 Ways to Set Kind Boundaries

<b>Self-Care Sanctuary</b>	Kind boundaries include dedicating time for yourself outside of work. Whether it's a walk, a hobby, or simply resting, treat these moments as sacred. By nurturing yourself, you'll show up at work with a full heart and a clear mind
<b>Permission to Disconnect</b>	Technology is a wonderful tool, but it can also tether you to work. Create a boundary by disconnecting from work-related emails and calls during your time off. This way, you can truly recharge without the constant buzz of your phone.



***THANK YOU!*** 



**IG: yellowchaircollective**  
**YouTube: Yellowchaircollective**  
**TikTok: Yellow Chair Collective**  
**Podcast: Yellow Chair Collective: The Podcast**



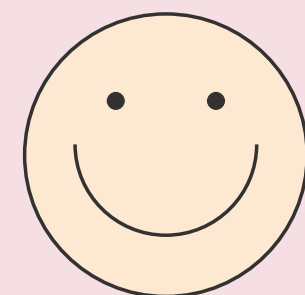
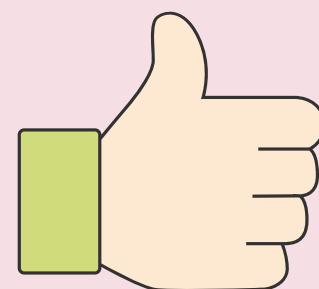
# Bonus: Self-Care Resource Page

Use these resources to help you on  
your journey to reducing the impact of  
secondary trauma on your daily life



# Daily Self-Care Check-In

How I feel at  
the moment



Stress level



Sadness level



Happiness level



Hunger level



**Date:** January 1

**Time:** 8:00 AM

GIF that describes  
me at the moment

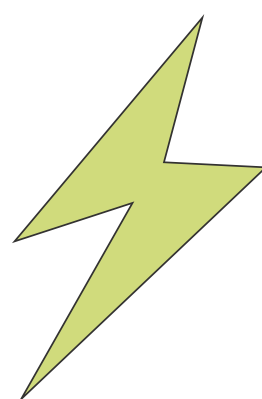
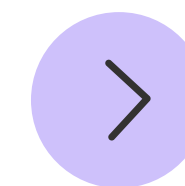




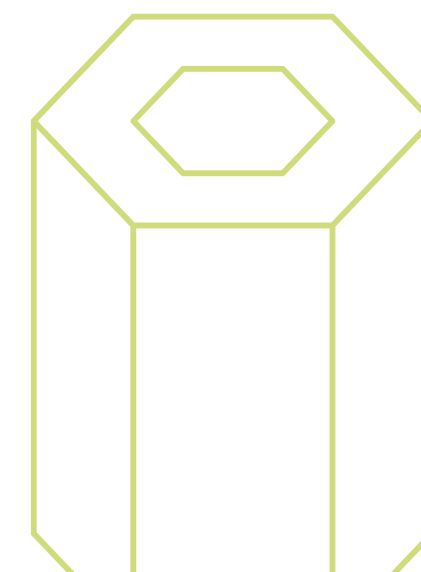
**Daily Affirmation:** I am loved. I am capable. I am enough.

**Date:** January 1

# Daily Check-in Questions -



1. What are you feeling today?
2. What am I doing to bring myself joy?
3. Who can I talk to if I need it most?
4. Do I have more stress or worries than usual?
5. What's taking up the most headspace right now?
6. Are you providing your body with its basic needs?

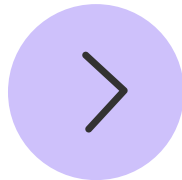




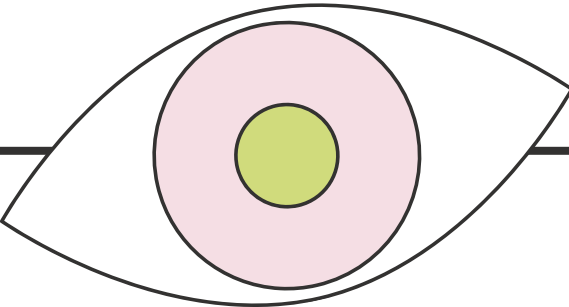
**What could make today even better?:** Continue living in the moment.

**Date:** January 1

# Daily Gratitude - Evening



3 amazing things that happened today:	Double click to add your answers
3 people I'm grateful for:	
3 things I look forward tomorrow:	





# Daily Self-Care Checklist

**Date:** January 1



Took a bath



Brushed my hair



Wore comfortable clothes



Made myself a good meal



Did some stretches



Texted a friend



Listened to my favorite song



Smiled



Replaced a bad thought with a good one



Found animal memes

