



# ADVOCACY & SELF-CARE

Week 6

TRAUMA-INFORMED  
CAREGIVING



NCTSN





# Advocacy

The act of pleading or arguing in favor of something, such as a cause, policy, or interests of active support of an idea or c



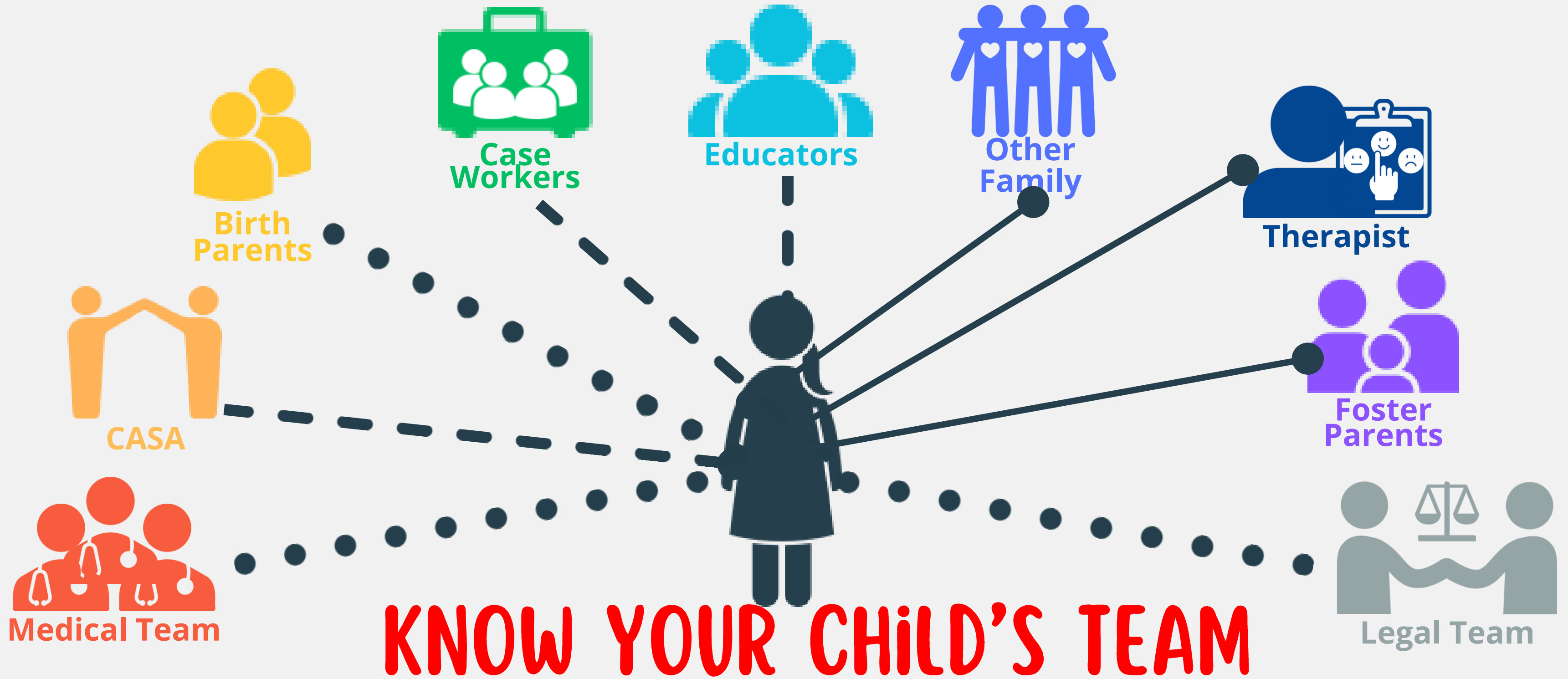
# TRAUMA-INFORMED ADVOCACY

- Promotes safety
- Creates shared understanding among your child's team
- Maintains connections & supports positive relationships in your child's life
- Helps others appreciate your child's strengths and resilience
- Increases access to trauma-specific services
- Decreases re-traumatization

●——●  
Strong connection

— — — —  
Weak connection

●●●●  
Stressed connection





# NAVIGATING ADVOCACY

**Who do we share information with?**

**How much information do we share?**

**When do we share information?**

**What are our goals & purposes for sharing?**



# DISCUSS

Think about someone on your child's team you need help communicating with.

- Is this a strong, weak, or stressful connection?
- What is something you want to communicate to them about your child?

**\*Use your trauma lens & trauma-informed language.**





# LET'S TALK ABOUT STRESS . . .


- What comes to mind when you think about stress?
- How does stress impact our bodies?

**General stress = a physical, mental, or emotional factor that causes bodily or mental tension.**

- Internal or external
- Parenting
- #Life

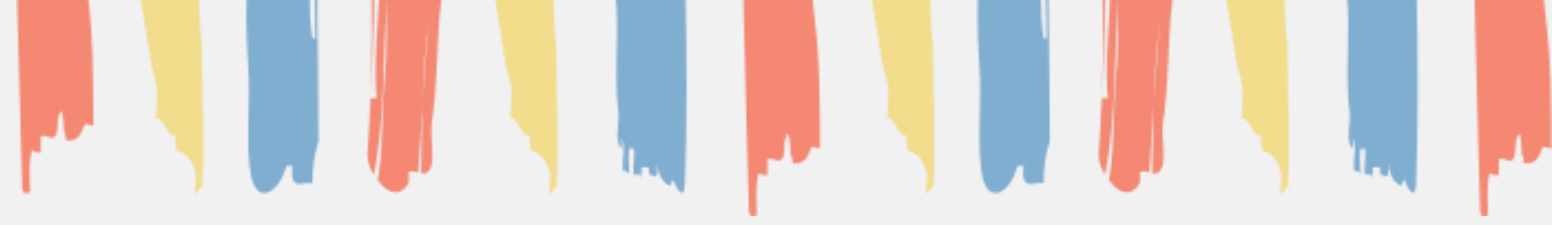


# SIGNS AND REACTIONS TO GENERAL STRESS

- 
- irritability
  - frustration
  - feeling overwhelmed
  - mood changes
  - feeling like you're losing control
  - difficulty relaxing and quieting your mind

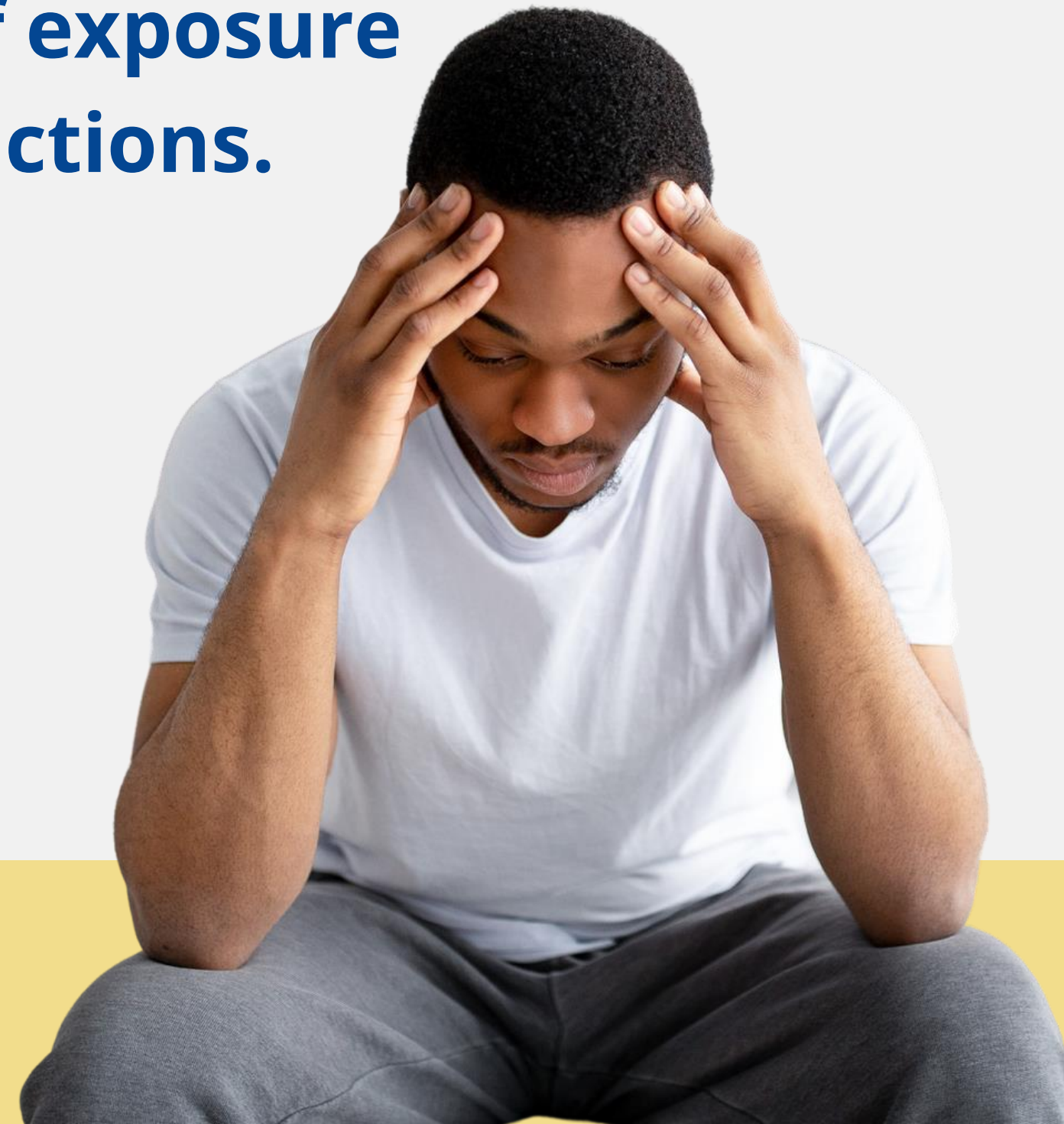
- low self-esteem
- loneliness
- depression
- low energy
- not wanting to socialize
- physical symptoms





# SECONDARY TRAUMATIC STRESS (STS)

**Trauma (stress) experienced as a result of exposure to someone else's trauma and trauma reactions.**





HYPERAROUSAL

DYSREGULATION

WINDOW OF TOLERANCE

Stress and trauma can shrink your window of tolerance

You can work to enlarge your window of tolerance

DYSREGULATION

HYPOAROUSAL



Decreases ability to be empathetic & show compassion

Decreases ability to be empathetic & show compassion



# SELF-CARE

## WHAT I THINK IT HAS TO BE:

MASSAGE  
MANI/PEDI  
SPA DAY  
MEDITATION  
VACATION  
CANDLE-LIT BATH

YOGA  
SHOPPING  
ORGANIZING  
SELF-HELP BOOKS  
A NIGHT AWAY

## WHAT IT CAN BE:

EATING HEALTHY  
MAKING MY BED  
SITTING OUTSIDE  
SAYING "NO"  
SAYING "YES"  
CALLING FRIENDS  
STRETCHING  
COFFEE WITH A FRIEND

BRUSHING MY HAIR  
LISTENING TO MUSIC  
EARLY BEDTIME  
NOT BEING NEGATIVE  
ABOUT MYSELF



# TYPES OF SELF CARE

## EMOTIONAL

- UNDERSTANDING EMOTIONS
- COPING SKILLS
- EXPRESSING YOURSELF

## PHYSICAL

- WHAT YOU EAT
- HOW YOU MOVE
- HEALTH
- # OF SLEEP

## PRACTICAL

- BUDGETING
- ORGANIZATION
- CHORES
- SAFETY & SECURITY

## SPIRITUAL

- DISCOVERING WHAT YOU BELIEVE
- CREATING RITUAL
- MEDITATION & PRAYER

## PROFESSIONAL

- WORK BOUNDARIES
- WORK ENVIRONMENT
- CONTINUED ED.

## SOCIAL

- MEETING SOCIAL NEEDS
- GOOD SUPPORT SYSTEM
- BOUNDARIES

## PERSONAL

- CREATING CORE VALUES
- POSITIVE HABITS
- QUALITY TIME ALONE
- GOALS

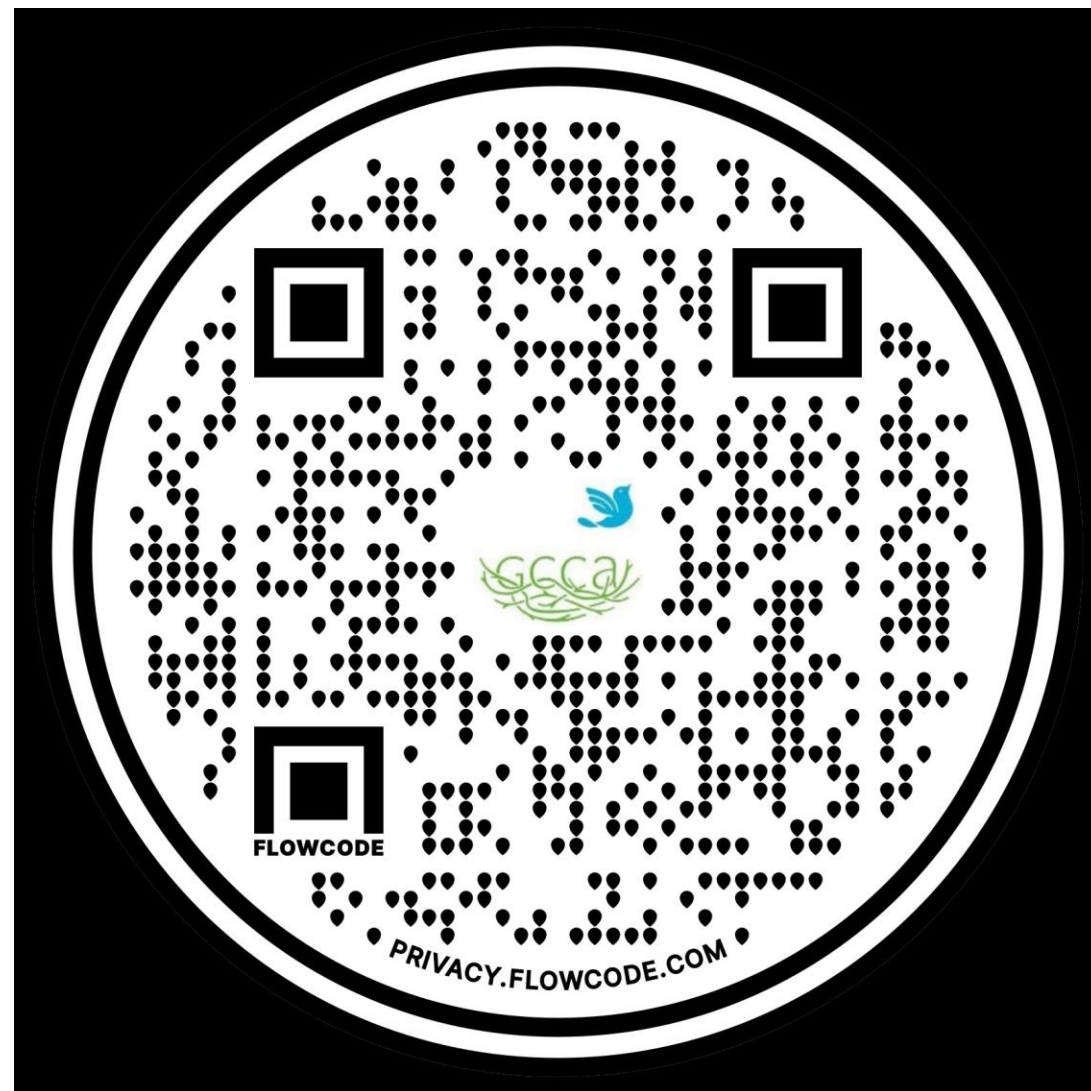
## SOCIAL MEDIA

- NO ENDLESS SCROLLING
- POSITIVE FEED
- BOUNDARIES
- NO COMPARISONS

# Self-Care Bingo



# BEFORE YOU GO



Step 1: Scan this QR code

Step 2: Select “Caregiver Survey 6” for this module

Step 3: Provide your feedback

Thank you!

NCTSN

The National Child  
Traumatic Stress Network