



## Caring Safely™ Module Five – Video Three

Sensory Grounding, Journaling and Relaxation, Limit Trauma Input

Charlene Richard B.S.W., M.S.W., RSW  
Compassion Fatigue Specialist

Caring Safely™ www.CharleneRichardRSW.com ©Caring Safely Inc.

---

---

---

---

---

---

---

---



## In this video

- Sensory Grounding (sessions, colleagues, friends)
- Journaling and Relaxation
- Limiting Trauma Input
- Vicarious Trauma Recovery Process
- Weekly Relaxation Practice - PMR

Caring Safely™

---

---

---

---

---

---

---

---



## Sensory Grounding

- Breathing and Bones on the Ground
- Pictures on the Wall (Handout)
- 5-4-3-2-1 (Handout)
- Mindful Walking

Caring Safely™ www.CharleneRichardRSW.com ©Caring Safely Inc.

4

---

---

---

---

---

---

---

---



## Journaling and Relaxation

Combine the power of writing and calming the body to help bring down physiological arousal and process your emotion in a short period of time.

Slow down thoughts with writing.  
Slow down body with deep breathing

*Handout*

Caring Safely™ www.CharleneRichardRSW.com ©Caring Safely Inc.

5

---

---

---

---

---

---

---

---



## Limiting Trauma Input

Helping professional are exposed to real life trauma on a regular basis. It can help to limit your exposure to other trauma, both real and fictional

- News, radio, internet
- Books, TV, Movies
- Social Media

Caring Safely™ www.CharleneRichardRSW.com ©Caring Safely Inc.

6

---

---

---

---

---

---

---

---



## Vicarious Trauma Recovery Process

- Label the experience of vicarious trauma
- Do something to trigger the relaxation response
  - Deep Breathing/PMR/Yoga
  - Let yourself feel grief related to witnessing pain or suffering
- Move your body
- Get fresh air
- Connect with loved ones
- Do something that is nourishing
- Consult with peers/supervisor if necessary (team care)

Caring Safely™ www.CharleneRichardRSW.com ©Caring Safely Inc.

7

---

---

---

---

---

---

---

---



### Review video three

- Sensory Grounding (sessions, colleagues, friends)
- Journaling and Relaxation
- Limiting Trauma Input
- Vicarious Trauma Recovery Process
- Weekly Relaxation Practice - PMR

Caring Safely™ www.CharleneRichardRSW.com ©Caring Safely Inc.

---

---

---

---

---

---

---