Survival Mode Response



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Inability to

- Respond
- Learn
- Process

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Work force concerns

- **Compassion Fatigue** – profound emotional and physical wearing down that happens when helpers are unable to rest and refuel
- **Secondary Traumatic Stress** – mirrors the symptoms of post-traumatic stress disorder
- **Vicarious trauma** – profound shift in world view
- **Burnout** – physical and emotional exhaustion experienced when a worker has low job satisfaction and feels powerless and overwhelmed at work
- **Moral injury** – occurs when people face obstacles in living out personal and ethical standards

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